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COMPREHENSIVE GUIDE-BOOK *to* NATURAL HYGIENIC *and* HUMANE DIET

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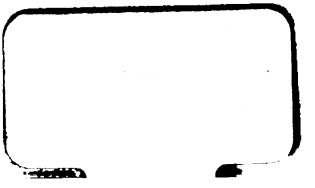
SIDNEY H. BEARD





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GUIDE-BOOK
To Natural, Hygienic & Humane Diet

A Comprehensive

GUIDE-BOOK

To Natural, Hygienic & Humane Diet

By

SIDNEY H. BEARD

Editor of
"The Herald of the Golden Age"



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PREFACE

THE subject of Food-Reform is beginning to be seriously considered by thoughtful and enlightened persons in all parts of the world, and the extent of this newly awakened interest is increasing every day. The fact that the nature, quality, and quantity of our daily food largely determines our physical, mental, and spiritual condition, and that consequently our own welfare and that of our children depends upon our holding correct ideas concerning diet and upon our living in accordance with the same, is becoming generally recognized.

In addition to this, the realization that the abandonment of the carnivorous habit by the Western Nations would bring about the emancipation of the animal world from the system of ruthless tyranny and wholesale massacre which prevails in what are called Christian countries, is now exercising a powerful influence upon the minds of a large number of men and

women who, in consequence of having reached a comparatively advanced stage of evolution, feel humanely disposed toward all creatures who share with them the gift of life upon this planet. Such souls cannot avoid the conviction that man was never intended by the Infinite Spirit to play the part of a remorseless and bloodthirsty oppressor toward the sub-human races.

On every hand those who are laboring to bring about the adoption of dietetic customs which neither violate those laws of Nature that regulate our physical well-being nor outrage the humane sentiments of the "higher self" within us, are now met by earnest requests for information concerning the way of escape from the bondage of ancestral barbaric custom and the path to a healthy and harmonious existence. "How may we live out our full length of days, joyfully and vigorously, instead of dying of disease or premature senile decay?" "How may we avoid the painful maladies which afflict our friends and neighbors, and escape the surgeon's knife?" "How may we be delivered from participation in the guilt of needlessly shedding innocent blood, and wash from our

soul-garments the stain of the shambles?" "How may our dinner-tables be sufficiently spread with the kindly fruits of the earth, instead of with the remains of fellow-creatures who love life and happiness just as we do?" Such questions as these are being asked by thousands of earnest souls, and it is to help such inquirers that this guide-book is published.

My aim has been to give useful, practical, reliable and up-to-date information in a concise form, avoiding superfluous matter and "faddism," and only supplying such recipes as are not so elaborate as to require the skill of a French "chef" for their interpretation. By spending a few hours in the thoughtful study of the following pages, and by practising this reformed system of diet and cookery in daily domestic life for a few weeks, any intelligent person can master the chief principles of Food-Reform and become qualified to prepare and provide natural, hygienic, and humane diet which should satisfy the taste of an ascetic or a *bon vivant*, provided that its possessor be not hopelessly enamoured of the "flesh-pots of Egypt" and the taste of cooked blood. A system of living which is enthusiastically recom-

mended by thousands of disinterested advocates who speak from experience, which comes to us so full of promise both for ourselves and others, which bids fair to humanize and transform Society and to solve many of the world's social problems, and which is now endorsed by so many of the highest authorities in the medical world, merits such attention and study, and is worthy of a serious trial.

As I am writing a *Guide* to reformed diet for domestic use—not an elaborate treatise to justify it—I have refrained from introducing medical and experimental testimony concerning the dangerous and injurious nature of flesh-food and the advantages of living upon the kindly fruits of the earth. Numerous works are obtainable which demonstrate that the principles and arguments upon which the Food-Reform Movement is based are supported by an array of scientific evidence which is more than sufficient to convince any unprejudiced, logical, and well-balanced mind. For such information I must refer my readers to other publications dealing with this phase of the subject—books and papers which are multiplying day by day, as the interest in the movement increases.

For many of the recipes contained in the following pages I am indebted to certain of the members of the Order of the Golden Age, and to other workers in the Food-Reform Cause. Most of them are original, being the result of thoughtful experiment. All have been proved to be valuable, and they should, *if carefully followed*, result in the production of dishes which will give satisfaction; but if certain recipes do not commend themselves to some of my readers they must remember that human palates differ considerably, and must try other dishes which they may like better.

In the hope that every reader of this book will make some sincere endeavor to seek emancipation from the barbaric habits which are still prevalent, and from that physical transgression into which our forefathers, at some period of the world's history, appear to have fallen with such disastrous consequences to themselves and their posterity, it is sent forth upon its humble but beneficent mission. Having proved that such a way of living is both possible and desirable, some will, I feel sure, strive to induce their fellows to live as becomes the Children of God rather than as the beasts of prey.

Those who have reached that spiritual plane where the vital relationship of all sentient creatures is recognized, and who find it painful to contemplate the wanton and cruel slaughter which at present prevails throughout Christendom—involving the death of a million large animals every day—will instinctively experience a longing to apprehend some way by which this inhumanity and injustice can be brought to an end. Such will be able to perceive the real significance of the twentieth-century crusade against Carnivorism. They will also feel individually constrained to co-operate in the great work of bringing about this beneficent Reformation of thought and custom, and in giving to mankind the blessings that will result from it.

SIDNEY H. BEARD.

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I

IDEAL DIET

A NATURAL, hygienic, and humane diet is one which is in harmony with the Laws of Nature, the Laws of Health, and the Law of Love. The physical structure of man is declared by our most eminent biologists to reveal the indisputable fact that he is at this present day, as he was thousands of years ago, naturally a frugivorous (fruit-eating) animal. It is obvious, therefore, that our Creator's intention is that we should subsist upon the various fruits of the earth—not upon the products of the shambles.

The accepted scientific classification places man with the anthropoid apes, at the head of the highest order of mammals. These animals bear the closest resemblance to human beings—their internal organs being practically identical with those of man—and in a natural state they subsist almost entirely upon nuts, seeds, and fruit. And those who have studied

this subject thoroughly can hardly entertain any doubt that the more largely our diet consists of these simple products of nature, the more likely we shall be to enjoy health and to secure longevity.

The number and variety of such fruits and seeds is very great, and recent discoveries have proved that nuts can, for the benefit of those who possess weakened digestive organs as a result of artificial living, be prepared in various ways which make them easily digestible and very savory when cooked. To such food may be added, for the sake of convenience and variety, pulses, cereals, macaroni, farinaceous substances, vegetables of various kinds, and animal products, such as milk, butter, cheese and eggs.

I would record my personal conviction—a conviction formed by seven years of abstinence from flesh-food, by continuous study, observation and experiment during that period, and by the knowledge obtained through helping hundreds of men and women to regain health by reforming their habits of living—that a well-selected fruitarian diet will prove beneficial to all who seek health of body and soul. The

numerous supplementary foods mentioned in this book, which cannot strictly be considered as being fruitarian in their nature, are recommended because of the difficulty which is experienced by many persons in adapting themselves suddenly to such a simple style of living as Nature would dictate, or in obtaining adequate provisions in their present domestic environment. Through lack of knowledge, mistakes are often made by those who commence to abstain from flesh-food; certain necessary elements are often omitted from their new diet and failure sometimes results; therefore variety is essential for beginners to insure complete nourishment. The majority of carnivorous human beings must be helped forward to a purer and better way of living by successive steps, and it has been found that the policy of proceeding slowly but surely "a step at a time" is the wisest in the end.

The first step must be abstinence from the flesh and blood of animals and birds, and the adoption instead of what is popularly known as "mixed vegetarian diet." This will gradually lead in course of time to a distaste for fish —which should at first, however, be retained

as an article of food by those who are commencing to reform their ways, until experience has been gained, and any serious domestic difficulties which may exist have been removed. Then this mixed vegetarian diet should be purified, as the perverted taste becomes restored to its natural condition, until it is largely "fruitarian" in its nature. Circumstances and individual taste must regulate the rate of this progress toward what may be termed Edenic living; I can but show the way and give helpful information.

A FEW of the reasons which lead me to advocate "Fruitarianism" as being desirable are as follows:

Persons who live principally upon fruits of all kinds are not often tempted, like those who partake of savory and toothsome dishes, to eat after the needs of the body are satisfied. They thus escape one of the chief causes of disease and premature death—excessive eating. Even if fruit should be taken in excessive quantity, very little harm results from such indiscretion. They also avoid, to a great extent, the temptation to eat when they are not hungry, and

thus they are more likely to obey the dictates of natural instinct concerning when to eat.

Fruitarians lessen the amount of work put upon the digestive organs, and consequently have more energy to expend upon mental or physical labor. The grape sugar contained in sweet fruits—such as bananas, figs, and raisins —is assimilated almost without effort and very quickly, while starch food makes a demand upon our vitality before it is transformed into grape sugar, and is, in some forms, almost as difficult to digest as flesh. If taken in excessive quantity it often causes trouble.

The juices of sweet fruits have the power of eliminating urates and other earthy deposits from the blood and tissues, as they act as solvents. Fruit therefore tends to prevent and to remove the cause of old age, gouty and rheumatic disorders. Fruit in general, however, does not contain the earthy and calcareous matter which is found in flesh and which produces ossification of the arteries and premature senility.

Fruitarian diet—if well chosen and containing all the elements required by the body—prevents the development of the "drink

crave," and it will cure nearly all cases if properly and wisely adopted. Dipsomania is induced by eating stimulating food such as flesh, by malnutrition, or by eating to excess.

Pure blood is secured by living principally upon fruits and nuts, and consequently there is little or no tendency to develop inflammatory maladies. The wounds of Turkish and Egyptian soldiers have been found to heal three times as quickly as those of shamble-fed Englishmen; the reason being that the former live chiefly upon dates, figs and other fruits, milk and lentils. A wonderful immunity from sickness is enjoyed by those who live in accord with Nature's plan; microbes and disease germs do not find a congenial environment in their bodies.

Fruitarian diet—if complete—tends to lessen irritability, to promote benevolence and peace of mind, to increase the supremacy of the "higher self," to clear and strengthen spiritual perception, and to lessen domestic care.

Those who aspire to the attainment of the higher spiritual powers which are latent and undeveloped in Man, to cultivate the psychic or intuitive senses, and to win their way to

supremacy over their material environment, will find fruitarianism helpful in every respect. Such have only to try it intelligently in order to prove this truth. It may thus become an important factor in the great work of uplifting our race from the *animal* to the *spiritual* plane. Herein lies the great hope for mankind—in fact the only one—and already the harbingers of the "Coming Race" are treading this earth, known and recognized by those whose eyes have been opened to the vision of the higher and transcendent life. That which tends to accelerate the development of spirituality is worthy of our consideration and of our advocacy.

SUCH diet as is recommended in this book does not necessitate the horrible cruelties of the cattle-boat and the slaughter-house. It is much less likely to contain germs of disease than the dead bodies of animals which are frequently afflicted with tuberculosis, cancer, foot and mouth disease, incipient anthrax, swine fever and worms of various kinds. It is free from that potent cause of physical malady, uric acid—which is contained in all flesh—and from

"ptomaïnes," which develop in corpses quickly after death and often prove fatal to consumers of meat; and it will be found, if wisely chosen and eaten in strict moderation, to produce a stronger body, a clearer brain, and a purer mind. The testimony of thousands of living witnesses, both in cold and warm climates—many of whom are medical men, or athletes who have accomplished record performances which demanded prolonged endurance and the exhibition of unusual stamina—bears evidence to this fact, and those who are desirous of commencing this more excellent way of living need not, therefore, fear that they are making a reckless or dangerous experiment.

THE food which our Creator intended us to eat must be the safest and best for us. Man does not resemble either internally or externally any carnivorous animal, and no unprejudiced student of the subject can well escape the conclusion that, when we descend to the level of the beasts of prey by eating flesh, we violate a physical law of our being, and run the risk of incurring the inevitable penalty which Nature exacts for such transgressions.

This penalty is being dealt out with inexorable impartiality and with a lavish hand in the civilized lands of the Western world, where, in spite of the rapidly growing host of medical men and the wonderful discoveries and boastings of the materialistic devotees of unscrupulous scientific research, such maladies as scrofula, cancer, lunacy, uric acid diseases, premature old age and other human ills are steadily increasing. And although the fact is not so apparent to the superficial observer, a still heavier punishment and loss is being suffered by those who err in this respect; carnal food promotes carnal-mindedness, dims the spiritual vision, chains the soul to the material plane of thought and consciousness, and makes the complete supremacy of the "Spirit" over the "flesh" well-nigh impossible.

It is natural for every man and woman to live at least a century. The fact that thousands have done so proves that the majority might attain this age if they would cease from transgressing Nature's laws. Seneca truly said, "Man does not die, he kills himself." By "eating to live," instead of "living to eat"—by introducing into our bodies a pure and vi-

talizing stream of energy in the form of wisely chosen natural food, and by amending our ways generally in accordance with the dictates of wisdom, most of us may live to benefit the world by useful service when our faculties have become ripened and our minds have been stored by the teaching of experience. Instead of being in our dotage when we reach threescore years and ten, we should then be in our prime, and fitted to serve our generation and our brethren in the world.

THOSE who decide to adopt this reformed system of diet will be fortified in their resolve if they are actuated by the powerful motive—"Loyalty to Principle" instead of by reasons which, although in themselves sound and wise, are to some extent based merely upon self-interest. The desire to be just and humane, to lessen suffering and to live in accordance with God's laws furnishes a much stronger incentive than the wish to escape disease and to secure health and long life.

The altruist or humanitarian who embraces the lofty ideal of helping forward the great work of lifting mankind to a higher plane of

experience, of delivering our Race from some of the worst evils with which it is afflicted, and at the same time of preventing the infliction of most cruel treatment and the death penalty in a most revolting form upon countless millions of innocent animals, will either find a way resolutely to conquer the initial difficulties which confront those who make practical protest against the sin of carnivorism, or will, if necessary, cheerfully endure temporary inconvenience or discomfort "for Righteousness' sake."

The would-be fruitarian should therefore commence by giving such preliminary study to the subject as will produce the conviction that flesh-eating is an unnatural habit for man, that it is totally unnecessary, that reliable medical and statistical evidence proves it to be generally injurious, and often dangerous, and that it involves cruelty and bloodshed which are both barbarous and indefensible because quite needless. A deaf ear will then be turned to the warnings of those well-disposed friends who, because they are under the spell of ancient fallacies or are ignorant concerning the nutritive advantages which the products of the

earth possess over the products of the shambles, would seek to deter him from the path of self-reform by prophesying physical shipwreck and disaster. Popular superstition concerning animal food is rapidly being swept away, and public opinion has already changed to such an extent that several insurance companies will grant policies to abstainers from flesh on more favorable terms than to any other section of the community—teetotalers not excepted. Leaders of thought in every land are becoming impressed with the full import of this far-reaching reformation, and so many forces are now converging to influence and impel mankind in this direction that the "signs of the times" point most distinctly to a rapidly approaching era in which Man will return to his original food, and by so doing enter into a much happier and more peaceful state of existence upon this planet.

II

A PLEA FOR SIMPLICITY

SIMPLE meals and simple dishes involve less trouble in preparation and thus lessen that almost omnipresent source of unhappiness, domestic care; they are less likely to cause indigestion, and in a very short time they become most appreciated. Few persons perhaps realize how little they know concerning the true taste of many vegetable productions; the majority have never eaten them separately or cooked in a proper manner. A cauliflower skilfully served as a separate course, either "au gratin" or with thin melted butter which is slightly flavored with a few drops of good vinegar, or with tomato sauce, has quite a different taste from that which is experienced when it is mixed up with gravy, meat, potatoes, and other articles of food. Young green peas or new potatoes (steamed in their skins with some mint, and dried off in the oven so as to be "floury") will, if eaten

with a little salt and butter, have a delicacy of flavor which is scarcely noticeable if they are served with a plate of meat, gravy, and one or two other vegetables. The same remarks apply to most vegetables and to many prepared dishes.

IT is a mistake to think that a reformed diet necessarily involves a larger amount of cooking, for the reverse is the fact if simplicity is aimed at and its advantages are appreciated. An excellent lunch can be made of some well chosen cheese and a delicate lettuce (dressed with pure French olive oil, and a small quantity of French wine vinegar), followed by fresh and dried fruits such as bananas, almonds, raisins, and figs. Such a repast is inexpensive, highly nutritious, and easily digestible. A large variety of foreign cheeses are now obtainable, so that even such a simple meal as this can be varied constantly. At almost all seasons of the year, delicate crisp lettuce can be had from our market gardeners.

In most vegetarian households the custom of cooking for breakfast soon becomes discarded. Fresh and dried fruits, nuts, brown

bread, butter, and preserves are found to be quite sufficient as accompaniments to the morning cocoa or chocolate. French plums, figs, and other dried fruits, when carefully stewed in the oven for some hours, and served with whipped cream or sauce are very appetizing and most nutritious. A small plate of porridge (stewed for two hours on the previous day and eaten with cream), or some "grape nuts" eaten with boiled milk and sugar, or an egg occasionally, can be added so as to make a more solid meal. Such persons, however, as have been long accustomed to an elaborate breakfast consisting of bacon, eggs, and fish, because of the difficulty of obtaining a mid-day substantial meal, will, perhaps, do wisely to substitute for these one of the cooked dishes which are numbered in the list of recipes under the heading of "Breakfast Dishes."

ONE strong reason for urging simplicity is that, owing to the prevalent general ignorance concerning food values and the requisite amount of albumin, starch, sugar, fat, and other substances, required to keep the

human body in health, it is somewhat difficult for the semi-fruitarian, or vegetarian, to choose a properly balanced diet at first. Animal flesh contains very nearly the same chemical constituents as human flesh, and therefore, so far as correct chemical proportions are concerned, it must be admitted that until experience has been gained it is more easy for the food-reformer to make dietetic mistakes in this particular respect than the flesh-eater. Many persons have hastily and thoughtlessly commenced to abstain from animal food, and have then brought upon themselves severe attacks of fermentation and dyspepsia by eating excessive quantities of starch in the form of porridge, bread and potatoes. Others have eaten such concentrated foods as haricots and lentils to repletion, being ignorant of the fact that they are so much more nutritious than lean beef that only a small quantity is needed for a sufficient meal. By partaking freely of fruit and vegetables at the same meal, instead of combining fruit with cereals, they have committed hygienic blunders, and, for want of proper instruction, have hastily come to the conclusion that "vegetarian diet does not suit them," and,

returning to the flesh-pots, have henceforth blasphemed the evangel of dietetic reform, instead of profiting by the useful lesson Nature tried to teach them.

The wisest plan is to make one's diet generally as varied as possible, but not to mix many articles together at the same meal. And one of the most important facts to be borne in mind is that our food must contain a sufficient quantity of fat, of phosphates, and of proteid matter. These are found in nuts, olive oil, brown bread, pulse foods, macaroni, cheese, milk, and other products.

Abstainers from flesh should begin to live to some extent (say two days a week) in picnic style, and the practice will soon become habitual. A picnic which is considered enjoyable in the woods or open fields will be found just as pleasant at home if the articles provided are well chosen and tastefully prepared. Variety can be obtained by introducing such things as sandwiches made with mustard and cress, tomato paste, potted haricots, lentils, and scrambled eggs. Fresh and dried fruits, nuts, almonds, raisins, fruit-cakes, and custard or other puddings provide useful addi-

tions; and it will soon be found that the old-fashioned three- or four-course dinner which involves such laborious preparation is a needless addition to life's many cares.

III

A PLEA FOR MODERATION

ONE of the most frequent mistakes made by those who commence to live upon a fleshless diet is that of eating too much—an error which is, perhaps, also committed by three-fourths of the general public. Often through ignorance of the fact that lean beef consists of water to the extent of nearly seventy-five per cent., and through having been brought up in the popular superstition that meat is the chief source of strength and stamina, they jump to the conclusion that they must consume large quantities of cereals and vegetables in order to make up for their abstinence from animal food. Certain establishments in England, labelled "Vegetarian Restaurants," have, in the past, sometimes done considerable harm to the cause of food reform by the unattractive, erroneous, and inadequate manner in which they have represented the fleshless diet, and they have also

done much to encourage this particular form of blundering. To young clerks and others who require a large meal at a small cost, some have been in the habit of furnishing plates of food which cause the experienced food-reformer to gaze both in wonder and amazement —the quantity often being such as would almost tax the digestive apparatus of an ostrich —to say nothing of the unappetizing way in which it was served. These restaurants are now being much improved, however, and many are already doing splendid work as centres of instruction.

Nothing does more injury to this movement than the discredit which is brought upon it by those who have upset themselves by over-eating, and who feel led to justify their defection by attacking the system they have forsaken. Among the numerous cases which have been brought to my notice I remember one of a minister's wife, who by partaking of seven substantial meals a day and finishing up at ten o'clock in the evening with cocoa, cheese and porridge, brought herself to such a state of nervous prostration that her doctor ordered her return to a flesh diet, "as she required

nourishment." He described her case as one of "lack of nutrition," instead of preposterous over-feeding.

A GOLDEN Rule for every food-reformer is this—*Eat only when you are hungry*, and never to repletion. Drowsiness and stupor after a meal are sure signs of excess, and I cannot too strongly urge temperance and abstemiousness. During seven years' experience of active work as an advocate of natural and hygienic living, I have seldom heard of any person suffering any ill effects from eating too little, whereas cases of the opposite sort have been rather numerous. There is one habit which characterizes ninety-nine per cent. of the centenarians of the world—abstemiousness; however much their ways and customs may have differed otherwise, in this one respect they are practically unanimous—declaring that they have always been small eaters, and have practised moderation in all things.

IV

ARTISTIC COOKERY

IN every household where a reformed diet is adopted, the effort should be made to prepare the meals in an artistic manner. If a dish is both skilfully cooked and tastefully served it is not only more enjoyable but more easily digested. The general custom in English homes is to serve vegetables in a clumsy and slovenly style, as they have hitherto been regarded as being only of minor importance. In America more attention is paid to such things as legumes, vegetables, salads and fruits both in the homes and in the hotels, and it has been found quite easy to make such dishes look tempting and appetizing.

ONE of the first lessons to be learned is how to fry rissoles, cutlets, potatoes, and the like quite crisp and free from any flavor of oil or fat. To do this a wire basket which will fit loosely into a frying-pan is necessary, and

it can be purchased at any good hardware store. "Nucoline" (cocoanut butter) is a well prepared form of vegetable fat, which keeps for an indefinite period, and is equally useful for making pastry—three quarters of a pound being equal to one pound of butter. "Albene" and "Cocolardo" are similar productions, but where these cannot be obtained good olive oil should be used, although it is slightly more expensive. The temperature of the fat or oil must be past boiling-point, and should reach 380 degrees. When it is hot enough it will quickly turn a small piece of white bread quite brown, if a finger of it is dipped in the fat. Unless this temperature is reached the articles to be fried may turn out greasy and unbearable. If the fat is heated very much beyond 400 degrees it may take fire. The use of a maximum thermometer is recommended until experience is gained, and a hot fire or powerful gas-jet is necessary. Haricots and lentils are much more tasty if made into cutlets or rissoles, and (after being mixed with bread-crumbs and seasoning) fried in this manner, than they are if served after being merely boiled or stewed in the usual crude style.

THE art of flavoring is one which should be studied by every housewife. By making tasty gravies and sauces many a dish which would otherwise be insipid can be rendered attractive; a list of recipes for "gravies" will give the requisite information on this point.

COOKING by gas appliances is much more easily controlled and regulated than if the old-fashioned fire were employed—considerable labor is also saved in the matter of stoking and cleaning. Those who can do so, should obtain a small gas-stove, consisting of two or three spiral burners, and a moderate-sized gas-oven. This is very economical for cooking single dishes, and for warming plates. A gas cooking-jet without the oven can be obtained at small cost. In the summer-time the kitchen-range is a superfluity unless it is required for heating bath water.

EVEN in so simple a matter as boiling an egg, artistic care is required. If the albumen is *boiled* it becomes hard and indigestible, whereas if it is only *coagulated* this is not

the case, and yet the cooking is complete. To do this the heat should only reach a temperature of about 200 degrees. A simple method of accomplishing this, if a thermometer is not used, is as follows:—Put an egg into a fair amount of cold or lukewarm water, let the water reach boiling-point, and then stand the saucepan on one side for five minutes or so; if the water is kept just warm the egg will be found to be perfectly cooked, and it will not make any difference if it remains in the water for five minutes or fifteen.

SOME of the most valuable of the modern food preparations are quite unappreciated because of lack of knowledge how to cook them artistically. Take "Nuttose," for instance (a very useful substitute for flesh which is made from malted nuts). If slightly stewed, and eaten without flavoring, the taste of the nuts is detected, and some persons at once take a considerable prejudice to it. If, however, it is well and properly cooked, according to the recipes given later on in this book, and served with such garnishings as are recommended, it is generally highly appreciated, even

by those who are much prejudiced against all vegetarian fare.

FRENCH plums, if stewed with some lemon-rind and sugar in a jar in the oven for three or four hours, are much more enjoyable than if only stewed in a saucepan for a short time. The juice should be thick, and the plums quite soft. Bordeaux plums are superior to those which are being at present raised in other countries, the skins being much thinner.

CARE should be taken to see that fruit and vegetables are perfectly free from insect life. Purity and cleanliness should ever be aimed at as being the first principles of hygienic living. Dried figs and mushrooms require careful inspection, and all green vegetables should be well washed in running water.

THE ordinary public have no idea of the constant variety and delicacy of a well chosen bloodless diet if it is artistically prepared. Ignorance and prejudice cause thousands to turn a deaf ear to the evangel of Food-Reform, simply because they know nothing at

all about that which they reject with disdain. It is, therefore, the duty and privilege of all (and especially all women) who aspire to help on the work of abolishing butchery by promoting the adoption of natural and humane dietary, to educate themselves in artistic cookery and then to help to instruct others. To illustrate the truth of these remarks I may mention that at a banquet given by the Arcadian Lodge of Freemasons, at the Hotel Cecil, in London—the first Masonic Lodge which has passed a resolution to banish animal-flesh from all its banquets in perpetuity—one of the Chief Officers of the Grand Lodge of England attended. He came filled with prejudice against the innovation and prepared to criticise the repast most unfavorably. In his after-dinner speech, however, he admitted that it was one of the best Masonic banquets he had ever attended, and said that if what he had enjoyed was "vegetarian diet," he was prepared to adopt it if he found it possible to get it provided.

BY practising the recipes which are given in the following pages, and by utilizing the hints which accompany them, readers of this book will find no difficulty in acquiring the skill which is requisite to win many from the flesh-pots even when they cannot be induced to abandon them from any higher motives than self-interest or gustatory enjoyment. Virchow's declaration—"The future is with the Vegetarians"—was a prophetic utterance which is destined to be fulfilled. Every woman should resolve to learn how to feed her children with pure and harmless food. Every mother should make her daughters study this art and thus educate them to fulfil worthily their domestic responsibilities. Here is a new profession for women—for teachers of high class vegetarian cookery are in great demand and can command high salaries. This demand will soon be increased a hundred-fold.

V

WHAT TO DO WHEN TRAVELLING

THE difficulty of being properly catered for when staying at hotels is a very real one, but owing to the enlightenment which is now taking place, and the rapid increase of foreign restaurants and cafés in English-speaking countries, it is becoming lessened every day. In large towns the wisest plan, generally, is to order breakfast at the hotel, and to take other meals at a high class restaurant, where several well cooked vegetarian dishes will be found upon the daily menu card. For breakfast it is generally a wise plan to order what one wants the previous night, if one requires any cooked dishes, and it is not necessary to inform the waiter that one is a vegetarian. It is generally possible to obtain such dishes as porridge, grilled tomatoes on toast, poached eggs, stewed mushrooms, and fried potatoes, without giving extra trouble or exciting com-

ment. Where these cannot be obtained, a plain breakfast should be taken, and it can easily be supplemented by fruit purchased afterwards outside the hotel.

AT large hotels a restaurant is provided in addition to the dining-room and café. The food-reformer should always go to the restaurant for his dinner, as he will there be able to obtain various well-prepared dishes at any hour of the day, and at a moderate cost. The dishes should be ordered "à la carte," and one "portion" of any particular dish will often suffice for two persons, thus enabling those whose means are limited to obtain greater variety without increasing expenditure. Care has to be exercised, however, concerning certain dishes; for instance, if "macaroni à l'Italienne" is required, it is well to ask the waiter to caution the cook not to make a mistake by introducing chopped ham. He should be told to say that you wish macaroni served with tomato and cheese sauce only, in the Italian style; this will make the cook realize that he is serving "one who knows," and that he must do his work in a proper manner. Those

who have never learned how to dress French lettuce in the Parisian way, can here gain this useful information by ordering a "lettuce salad," and asking the waiter to fix it (with oil and vinegar only) on the table.

THE general rule to be adopted in small hotels is to think beforehand what dishes the cook is in the habit of making which are free from flesh; these should be ordered in preference to those which are strange and not likely to be understood. At the same time it is well to insist upon being supplied with anything which it is reasonable to expect the proprietor to furnish, because such action tends to improve the catering of the hotels of the country, to make it easier for other food-reformers, and to sweep away the difficulty which at present exists in some towns, of obtaining anything fit to eat in the orthodox hotel coffee-rooms, except the flesh of beasts, birds, or fishes.

THOSE who are making railway journeys can easily provide themselves with a simple luncheon-basket containing fruits, nuts, chocolate, sandwiches, and potted delicacies,

directions for making which will be found later on, in the space devoted to "Luncheons." Travellers may perhaps be reminded that a quarter of a pound of cheese or of nuts contains as much nutriment as one pound of lean meat.

FOOD-REFORMERS who are about to pay a prolonged visit in a private house should inform the hostess, at the time of accepting her invitation, that they are abstainers from flesh, but that their tastes are very simple and that they eat anything except flesh-food. As she might have erroneous ideas about vegetarianism, she might otherwise feel perplexed as to what it is necessary to provide. Care should be taken not to involve the hostess in any minor or needless worries, and she should be shown, by the simplicity of one's requirements, that she is easily capable of affording complete satisfaction. When she realizes this, she will probably take pleasure in learning something about hygienic living, and will be only too ready to read a pamphlet or a guide-book upon the subject, and to produce some of the dishes contained in it. I have

always found that by letting my friends clearly understand that I abstain from butchered flesh for *humane reasons* and for the sake of *principle*, they respect my position, and evince a desire to discuss the matter without prejudice. If vegetarianism is adopted as a "fad," hostility is often aroused because one's acquaintances consider that one is giving needless trouble by becoming unconventional without sufficient justification.

THOSE who are making a sea voyage will find that many of the large steamship companies are quite prepared to furnish substitutes for flesh-diet if an arrangement is made beforehand. In such cases there should be a clear stipulation that brown bread, dried and fresh fruit, nuts, farinaceous puddings, omelets, vegetables, and the like should always be obtainable at meal times in some form and in sufficient variety. A list of a few "specialties" might be furnished when a long voyage is contemplated, so that the steward might stock them.

VI

HOW TO FEED INVALIDS

IN all cases of sickness, the lighter the diet is, the better chance will the patient generally have of recovery. The more inflammation and fever which exist, the more fruit and cooling drinks should be given, and the less nitrogenous and starch matter. Ample nourishment can be provided by light farinaceous puddings, custards, nut products, dried and fresh fruits, and vegetable broths. The most important of these latter is "haricot tea," which is a perfect substitute for "beef tea," being far more nutritious and also entirely free from the toxic poisons which are contained in that dangerous and superstitiously venerated compound. Dr. Milner Fothergill has stated that probably more invalids have sunk into their graves through a misplaced confidence in the value of beef tea than Napoleon killed in all his wars. It is, in reality, a strong solution of uric acid, consisting largely of excrementitious

matter which was in process of elimination from the system of some animal through the minute drain pipes which form an important cleansing medium or "sewage system" in all animal flesh. To make "beef tea," this poisonous element is stewed out to form the filthy decoction, while the animal fibrin, the portion of the meat that might possess some nutritive value, is thrown away. Beef tea consequently acts as a strong stimulant, tends to increase inflammation and fever, and in all such cases lessens the chance of the patient's recovery, as the system is already battling against disease and impurity in the blood. To add to the amount of the latter is palpably unwise and dangerous. These remarks apply also to "essences" and "extracts" of beef, which are frequently made from diseased flesh which has been condemned in the slaughter-houses.

[1]

Brown Haricot Tea.

TAKE ½-lb. of brown haricot beans. Wash and stew them with 1-qt. of hot water and some small onions for 3 hours, stewing down to 1½-pts. Strain, and add

pepper, salt and butter when serving. This bean tea or broth, so prepared, will be found to be very savory and of the same consistency and appearance as beef tea while being much richer in sustaining properties.

[2]

Mock Chicken Broth.

A VERY valuable substitute for chicken broth, which is in every way superior to the decoction obtained by stewing the flesh and bones of the bird, can be made by stewing and serving white haricots in the same manner as in the previous recipe.

[3]

Lentil Gruel.

A USEFUL and highly nutritious food for invalids is lentil gruel or broth. To make the gruel, take a dessertspoonful of lentil-flour, mixed smooth in some cold milk, and add nearly 1-pt. of milk which has been brought to the boil. Boil for fifteen minutes and flavor with a little cinnamon or vanilla. Serve with toast, and sugar to taste.

[4]

Nut Gruel.

ALMOST easily digested liquid food can be made almost instantaneously by warming a dessertspoonful of "Malted Nuts" (International Health Association) in a glass of milk, and flavoring to taste. The nuts are almost predigested and can be quickly assimilated by the weakest person or by infants.

[5]

Barley Water.

THE old-fashioned beverage known as barley water is not so well appreciated as it ought to be; it is nutritious, easily assimilated, and when flavored with a few drops of lemon, forms a cool and valuable drink in the sick-room. It is made by simply stewing pearl barley in water until the liquid is fairly substantial. The barley is then strained off and can be added to a vegetable stew. Sugar and lemon can be added to taste.

MEALS provided for invalids should be served in a very dainty manner. A spotless serviette and tray cloth, bright silver,

a bunch of flowers and a ribbon to match them in color for tying the serviette (the color of which can be changed from day to day) should not be forgotten. The food should be supplied in small quantities; half a cupful of gruel will often be taken when a cupful would be sent away untouched.

ONE of the greatest evils to be avoided by those who are nursing the sick is that of over-feeding. When nature is doing her best to meet a crisis, or to rid the body of poisonous germs, microbes or impurities, it is a mistake to cause waste of vital energy by necessitating the expulsion of superfluous alimentary matter. Unless invalids manifest a *genuine sense of hunger* they should not be persuaded to take food at all. The stomach generally requires *rest*, and is often in such a condition that digestion is impossible. When food will prove beneficial nature will demand it.

Drugs and stimulants are seldom required. Beef essences and other noxious concoctions are superfluous and mischievous. The great healing agent is the Life-force within, the "*Vis*

medicatrix Naturæ," and the wise physician will see that this power has a fair chance. He will help the patient to overcome physical malady by encouraging the exercise of hygienic common-sense and hopeful mental influence. He will advocate pure air, pure food, and pure water, combined with a cessation of any physical transgression and the removal of the *cause* of the malady in question.

Much of the suffering and inconvenience endured by sick persons is simply the result of erroneous diet. Judicious feeding will do far more than drugs to alleviate and cure most maladies.

Care should be exercised lest invalids partake too freely of starch foods, especially if such are badly or insufficiently cooked. Bread should be light and well baked, and in most cases it will be found to be more easily assimilated if toasted. "Meal" biscuits (which consist of entire wheatmeal in a supercooked form, so that the starch is already transformed into "dextrin") will be found nutritious, easily digestible, very enjoyable, and slightly laxative in their effect. Bananas—well baked or raw—make an almost perfect food for the sick-room

(see recipe 89). Plasmon snow-cream is also most strengthening and valuable for invalids (recipe 132). For further recipes of dishes that are suitable, see page 66.

VII

SUBSTITUTES FOR ANIMAL FOOD

SATISFACTORY substitutes for the articles used under the old food regime are now upon the market, and new specialties are frequently being invented.*

Beef can be replaced by "Nuttose," which can be carved just like a small joint of meat.

Chicken and **Veal** find an efficient substitute in "Protose"—the flavor of which is so delicate as to commend itself to almost everyone who tries it.

Suet is replaced by "Vejsu"—a vegetable suet which is indistinguishable from beef suet that is sold in packets. Another substitute is pine kernels, which contain 10 ozs. of oil to the pound, and which, when rolled and chopped, resemble suet exactly. A third substitute is "Nucoline," or "Albene" (flaked in the nut mill); a fourth is tapioca.

* This was prepared with reference to the British market, but in America similar products are obtainable.

Lard is inferior in every respect to Nucoline, Albene, and Olive Oil.

Gelatine is substituted by "agar-agar," a sea-weed which is quite tasteless.

Extract of Beef is replaced by "Carnos" or by "Odin"—the latest triumph of the physical laboratory, which consists of a malt extract of barley that is undistinguishable from concentrated extract of beef. Its taste and smell are identical and yet it is free from the noxious elements contained in beef. "Nut Butter," "Nuttolene," "Plasmon," and other valuable specialties enable stock to be thickened, strengthened and flavored. Similar productions are being constantly invented and placed on the market.

Meat Stock is substituted by vegetable stock, produced by stewing haricots, peas, lentils, and the like. The latter is far more nutritious, and is free from uric acid and excrementitious matter.

In the following pages recipes will be found for preparing dishes which closely resemble, in taste and appearance, those to which a carnivorous community has been accustomed, many of them being of such a nature that

persons who have always been fond of flesh-food find it difficult to detect whether they are eating such or not. Even fish cutlets can be simulated by preparing vegetable substances closely resembling the real thing.

VIII

SOUPS

[6]

Artichoke Soup.

TAKE 2-lbs. of white artichokes, 3-pts. of water, 3 large onions, a piece of celery (or some celery salt), ¼-pt. of raw cream or 1-pt. of milk. Boil together for 45 minutes, strain through a fine sieve and serve. If cream is used it should not be added until after the soup is cooked.

[7]

Chestnut Soup.

BOIL 2-lbs. chestnuts for one hour, strain and rub through a sieve. Put in a saucepan, and boil again with 1 onion, a little mace, pepper and salt to taste. Just before serving add ½-pt. milk and 1 tablespoonful of cream. The addition of a tablespoonful of "Plasmon" enriches this soup.

[8]

Rich Gravy Soup.

MAKE 3-pts. of vegetable stock by boiling ¾-lb. of brown haricots for an hour. Strain and add 1 onion and one carrot (fried with butter until brown), 1 stick of celery, 2 turnips and 6 peppercorns, and thicken with cornflour. Boil all together for 1 hour, strain, return to saucepan, and add three small teaspoonsful of "Odin." Warm it up, but *not to boiling point.* Serve with fried bread dice. This soup, if well made, is equal to anything that a French chef can produce.

[9]

Brown Haricot Soup.

FOR the foundation of any brown soup nothing equals the stock from these beans. Prepare as for haricot tea (1). If a thick soup is wanted rub the beans through the sieve along with the stock. The soup can be varied in many ways. One good soup is as follows: Take ½-lb. beans, cooked in 2-qts. of water. When the beans crack, add a few tomatoes, 1 leek sliced, or a Spanish onion, and a bunch of herbs. Boil until the vegetables are tender,

adding a little more water if necessary. Rub all through a sieve, and return to pan, adding seasoning, a good lump of butter, and the juice of half a small lemon after the soup has boiled. If a richer soup is required add 2 teaspoonsful of Odin just before serving.

[10]

Tomato Soup.

TAKE a pound of tomatoes, pour boiling water on them and allow them to stand for a few minutes. They will then peel easily. Slice an onion and boil with the tomatoes (sliced) for an hour, then add salt, pepper, and a little butter. Mix ½-pt. of milk with a teaspoonful of flour; add this to the soup, stir and boil for 5 minutes.

[11]

Lentil Soup.

A WELL-KNOWN and well-tried soup, even in flesh-eating households, and one that is within the reach of the poorest. To prepare it, take ¼-lb. lentils, 1 onion, 1 carrot, 1 turnip, a small bunch of herbs, celery salt, and 1-oz. butter.

Wash and pick the lentils and put on to

boil in about 1-qt. of water. Add the vegetables sliced, and boil gently about 1 hour. Rub through a sieve, return to pan, add butter and a cupful of milk. Bring to boil and serve.

[12]

Brazil Nut Soup.

PASS 1-lb. of Brazil nuts through a nut mill, stew them for 2 hours in 2-qts. of water, with some celery and a few onions that have been fried, then add 1-qt. of boiling milk, pass through a strainer, season and serve with fried bread dice.

[13]

German Lentil Soup.

PLACE ½-lb. of lentils in 1-qt. of water, add 2 sticks of celery and 5 large onions which have been fried in some butter until brown. Stew for two hours, and pass through a strainer. Add ¼-lb. of cream, and ½-pt. of milk, bring to the boil, flavor with salt, and serve. German lentils need more cooking than the Egyptian variety.

[14]

White Haricot Soup.

STEW ½-lb. of beans in 2-qts. of water, adding 5 chopped onions, some chopped celery and a carrot which have been fried in some butter until well cooked; stew until the beans are tender, and strain if clear soup is required, or pass through a sieve for thick soup; add some cream and milk, bring to the boil, flavor with salt and serve.

[15]

White Soubise Soup.

(From a French Recipe.)

TAKE 2-ozs. butter, 4 good-sized onions, about 1-pt. cauliflower-water, and 1-pt. of milk, sufficient bread (no crust) to absorb very nearly the liquor.

First, put the butter into the saucepan, then cut up the onions, put into the saucepan with the butter, and let it cook slowly for 15 minutes—it must not boil or it will be brown. Now add the bread, the cauliflower-water, and half the milk, and let it boil slowly for an hour. Then take it off the fire, pass it through a sieve, add the rest of the milk, and let the

whole come just to the boil, taking care it does not actually boil, as it may curdle. Serve.

[16]

Julienne Soup.

CUT some carrots, turnips, onions, celery, and leeks into thin strips, using double quantity of carrots and turnips. Dry them and then fry slowly in 2-ozs. of butter until brown. Add 2-qts. of vegetable stock and simmer until tender. Season with salt and a teaspoonful of castor sugar. Chop some chervil or parsley finely, add and serve. The addition of some green peas is an improvement. The fact should always be remembered that when legumes and vegetables are boiled in water a valuable stock is made which can be utilized for subsequent meals.

[17]

Green Pea Soup.

STEW 1-qt. of shelled peas in 2-qts. of vegetable stock with a small piece of celery, a clove of garlic, a sprig of mint, and a pinch of sugar. Remove a teacupful of the peas and pass the soup through a sieve. Add

the peas, season and serve. This recipe is useful when green peas are getting old and are not tender enough to be enjoyable in the usual way. Young peas are, of course, to be preferred.

[18]

Prepared Soups.

A WIDE variety of prepared soups in cans is now obtainable at any good grocery store. Many of these on inspection will be found to contain none but vegetable properties.

IX

SUBSTITUTES FOR FISH

[19]

Mock Fish Patties.

SCRAPE some salsify roots well, lay them in cold water for half-an-hour. Boil till tender, drain. Beat with wooden spoon to a *smooth* paste, free of *fibre*. Moisten with milk, add a teaspoonful of butter and an egg to every cupful of salsify, but beat the eggs well *first*. Serve in fire-proof china, or in scallop shells. Put bread-crumbs on top, which have been steeped in butter and browned. These patties taste exactly like fish.

[20]

Fried Chinese Artichokes.

BOIL the artichokes until tender. After draining, drop them into batter or fine bread-crumbs and egg. Fry crisp and serve with parsley sauce and slices of lemon.

[21]

Filleted Salsify.

COOK some salsify until tender, slice it into quarters lengthwise, and cut it into 3-in. lengths; dip in egg and bread-crumbs, and fry crisp; serve with parsley sauce (recipe 121), and garnish with slices of lemon and parsley.

[22]

Artichoke Fillets.

MAKE and serve this in the same way as salsify fillets, but substitute Jerusalem artichokes previously cut into fingers. The artichokes must not be boiled too much or they will break.

[23]

Scorzonera Fillets.

THESE are prepared in the same way as salsify fillets, but should be served with white sauce (recipe 115).

[24]

Mock White Fish.

PUT ½-pt. milk on to boil, and thicken with rather more than 1-oz. of ground rice, to make a little stiffer than for rice mould.

Add a lump of butter, salt, a little grated onion and a saltspoonful of mace, and let all cook together for 10 minutes, stirring frequently. Boil 3 potatoes and put through masher, and while hot add it to the rice or it will not set well. Pour into dish to stiffen, and when quite cold, cut into slices, roll in egg and white bread-crumbs, fry and serve with parsley sauce as a fish course. The mixture must be stiff, for the frying softens the rice again a little. The oil or nucoline for frying must be *beyond* boiling point, and the cutlets will then be quite crisp and free from any oily flavor. This dish is appreciated everywhere and is specially recommended.

[25]

Globe Artichokes.

BOIL some green "Globe" artichokes until tender (about 1 hour), mix some French wine vinegar and pure olive oil (one teaspoonful of vinegar to three of oil) with a pinch of salt. Serve the artichokes *hot*. Strip off the leaves one by one and dip the fleshy ends in the dressing which has been placed on each plate. Then scrape off the tender part of the leaf with the teeth and it will be found very

tasty. When all the leaves are stripped, cut out the centre of the "crown" and cut off its stalk quite short. The crown itself will then be found a "bonne bouche" which is superior to any shell fish.

X

SUBSTITUTES FOR FLESH

[26]

Stewed Protose.

OPEN a can of protose, stew it for half-an-hour or upwards in brown haricot tea (recipe 1), with 4 tomatoes, some carrot chips, and 2 sliced onions. Thicken the gravy with a dessertspoonful of cornflour. Garnish with fingers of bread fried until a golden brown. Serve with French beans, cauliflower, asparagus or cabbage, and with fried potatoes if desired.

[27]

Stewed Nuttose.

COOK in the same way as above for not less than 3 hours. The more this food is cooked the better it is. Any portion that remains can be warmed up again, minced, or made into rissoles, rolls, etc., with advantage.

[28]

Minced Protose.

PREPARE in just the same way as ordinary meat by running it through a mincing machine, or mashing it with a fork, and stewing it in a little gravy. It may be served with a border of green peas or other vegetable. It is also nice served as follows, viz.: Prepare as for minced meat. Boil a cupful of rice as for curry. When cooked stir in half teaspoonful of tomato sauce, 2-ozs. grated cheese, and seasoning. Put the mince in the centre of the dish with a wall of the rice and tomato round it. Or the rice may be simply curried and served with the protose.

The ways are numberless in which these products may be used, and the thoughtful housewife will delight herself in experimenting with such dainty foods.

[29]

Mock Chicken Cutlets.

A TASTY dish to be served with bread sauce is prepared as follows:—Run through the nut mill 2 cupfuls of bread-crumbs and one good cupful of shelled walnuts. Mix

these together in a basin with a small piece of butter, a tablespoonful of grated onion juice, and a teaspoonful of mace. Melt a large teaspoonful of butter in a saucepan, with half a teaspoonful of flour, and add gradually a cupful of fresh milk; when this boils add the other ingredients, salt and pepper to taste, add a beaten egg, and when removed from the fire, a teaspoonful of lemon juice. Stir well and turn out into a dish to cool, then roll into balls or other shape, dip in egg and bread-crumbs, as usual, and fry in boiling fat. This is a splendid substitute for chicken, and when served with bread sauce is delicious.

[30]

Macaroni à la Turque.

BOIL ½-lb. of macaroni until *slightly* tender, and add ½-lb. of grated bread-crumbs, 1 large onion (grated), 2 large tablespoonsful of parsley, some grated nutmeg, and 2 eggs (beaten). Chop the macaroni and mix all well together and steam in a basin or in moulds for 1 or 1½ hours. Serve with thin white sauce or brown gravy (poured over the mould).

[31]

Lentil Cutlets.

TAKE a teacupful of Egyptian lentils; boil them in water sufficient to cover them until tender. Add 3 grated onions, some chopped parsley and thyme, and enough bread-crumbs to make a stiff mixture. Turn on to large plates and flatten with a knife. Then cut into eight triangular sections and shape them like small cutlets. When cold fry crisp in egg and bread-crumbs after inserting small pieces of macaroni into each pointed end. Serve with mint sauce or tomato sauce (recipe 116).

[32]

Protose Cutlets.

OPEN a can of protose and turn it out into a basin; pound it well with 1-oz. fresh butter, some grated onion juice, parsley, thyme, salt and pepper, a few bread-crumbs, and a few drops of lemon juice. Roll the mixture well on a floured board about half-inch thick, shape into cutlets, roll in egg and bread-crumbs and fry. As the protose does not require previous cooking this is a very quickly prepared dish, and if two or three cans of protose are

always kept in stock this dish is always handy for emergencies. The cutlets may be fried without egg and bread-crumbs; simply roll in a little flour, if one is very pressed for time. Serve with tomato or onion sauce and any of the before-mentioned gravies.

Those who live out of the reach of shops should keep a supply of protose, and they will find it most useful as winter comes on, and foods of a more substantial nature become necessary.

[33]

Macaroni Cutlets.

BOIL ¼-lb. macaroni (spaghetti preferred) in water, not making it too tender; chop slightly, add 6-ozs. bread-crumbs, some chopped fried onions, a teaspoonful of lemon thyme and parsley, a couple of tomatoes (fried in saucepan after onions), and 1 egg to bind. Mix, roll in flour, shape into cutlets, fry in nucoline until crisp and brown. Serve with sauce piquante (for which see recipe 111).

[34]

Jugged Nuttose.

OPEN a can of nuttose and stew it in haricot stock for 2 hours, then cut it in slices about half-an-inch thick, and fry crisp in egg and bread-crumbs. Also make some forcemeat balls by rubbing ½-oz. of butter into 5-ozs. of bread-crumbs, adding chopped lemon thyme, lemon peel and parsley, some pepper and salt, and 1 egg to bind; fry very brown. Cut up the nuttose in small pieces, and stew slowly in remainder of the bean stock with about 10 cloves. Garnish with sprays of parsley and the forcemeat balls. Serve with red currant jelly.

[35]

Nuttose with Yorkshire Pudding.

MAKE a gravy by stewing brown haricots in water until they are soft; put it into a stew or frying pan with the nuttose cut into thin slices. Stew for half-an-hour. Simmer a couple of Spanish onions tender and cut into thin slices, and fry it for a few minutes in the gravy before taking it off the fire. Pile the slices of nuttose on the centre of a meat dish,

and place the onion round. This served with Yorkshire pudding and potatoes makes a substantial dinner.

[36]

Savory Rissoles.

EQUAL quantities of mashed wholemeal bread and boiled rice, add a little boiled onion minced fine, some pepper, salt and butter. Mix, roll into shape, or pass through a sausage machine, dredge with flour, dip in batter, and fry crisp in boiling oil, nucoline or butter. A great variety can be made by introducing lentils, macaroni or haricots, with herbs, fried onions, bread-crumbs, etc., and an egg.

[37]

Lentil Croquettes.

WASH, pick and cook ¼-lb. lentils, with one or two onions to flavor. When cooked, add about 5-ozs. wholemeal bread-crumbs, a teaspoonful parsley, nutmeg, mace, salt and pepper, and 1 egg beaten. Mix well, and when cold form into rolls. Dip in flour and fry a golden brown. Serve with onion sauce and gravy.

[38]

Lentil Fritters.

COOK ¼-lb. lentils with water to cover until quite soft, but not pulped. Next prepare a batter with 1 egg and ¼-lb. wheat-meal flour, a few drops of oil and sufficient warm water to make the right consistency. Season with chopped onion and sage, a hand-ful of chopped parsley, pepper and salt. Add a few bread-crumbs and the cooked lentils. Mash well together and let the mixture stand for an hour. Then fry in hot fat, a spoonful at a time, and serve with apple sauce.

[39]

Savory Cutlets.

PUT a small cup of milk and ½-oz. of butter in a saucepan on the fire. When it boils add 3-ozs. of *dried* and *browned* bread-crumbs and a little dredging of flour. Let it cook, until it no longer adheres to the pan, and remove from the fire. When it is cool add 2 eggs, beating until smooth, a large tablespoon-ful of shelled walnuts (previously run through the nut mill), seasoning, and a little grated onion juice. Mix well and shape into cakes

about ½-in. thick, on a floured board. Roll in flour or egg and bread-crumbs, and fry in boiling nucoline. Serve with walnut gravy, or round a dish of grilled tomatoes.

[40]

Nuttose Rissoles.

TAKE about ¼-lb. of nuttose and put it through the nut mill before cooking. Place it in a pan, and fry in a little nucoline, along with some chopped onion. Cover with brown stock and cook slowly until nearly all the gravy is absorbed. Then add bread-crumbs, herbs, seasoning, a little butter, and stir thoroughly over the fire, and set aside to cool. Form the mixture into small balls, dip in egg and bread-crumbs, and fry. Garnish with parsley, and serve with onion sauce or brown gravy.

[41]

Nuttose Cutlets.

A TASTY dish is made by cutting some well-cooked nuttose into thin slices, then dip each slice in beaten egg, roll in bread-crumbs seasoned with herbs, etc., and fry a golden brown. Serve with gravy and red currant jelly, or tomato sauce.

[42]

Rice Cutlets.

DELICIOUS rice cutlets can be made as follows: Fry 2 grated onions brown, then add 4 tomatoes in the same pan and cook till tender. Cook a small cupful of rice in a double saucepan, turn it into a basin, add the onions and tomatoes, a teaspoonful of chopped parsley, half a teaspoonful of lemon thyme, 2-ozs. of bread-crumbs, 1 egg, and pepper and salt to taste. Mix well, turn out on plates and smooth with a wet knife, cut into fingers and fry crisp in egg and bread-crumbs. Serve with tomato or egg sauce.

[43]

Nuttose Ragoût.

A GOOD way to prepare Nuttose is as follows: Fry a teaspoonful of butter until it is nearly black, add flour until it absorbs the butter, add gradually any vegetable stock until a nice rich gravy results. Bring to the boil and add very thin slices of nuttose. Stew very slowly for 2 hours; before boiling add some Worcester or other sauce to taste. Garnish with mashed potatoes and serve with a green vegetable.

[44]

How to Improve Cutlets.

VEGETARIAN cutlets, rissoles, and sausages are very much improved in their appearance and taste, if before being fried in egg or bread-crumbs, they are first encased with flaked potatoes—which should be pressed on firmly with a knife. They should be made as moist as is consistent with their holding together. This point is of importance.

XI

SIMPLE SAVORY DISHES

[45]

Macaroni à l'Italienne.

BOIL some macaroni ("ribbon" is best) in plenty of water, strain and place on a dish; take a dessertspoonful of cornflour, mix thoroughly with a little milk, add milk to make half a pint, boil until it thickens, add half an ounce of grated cheese, a small lump of butter, and a few tablespoonfuls of tomato sauce or tomato conserve. The tomato sauce can be made by slicing 4 tomatoes and cooking them in a saucepan with a little butter and chopped onion. Pass through a strainer. Pour the sauce over the macaroni or serve in a sauce boat.

[46]

Risotto (Milanese).

(Specially recommended.)

BOIL 6-ozs. of Patna rice in a double saucepan until tender. Fry a chopped onion brown, then add 3 peeled tomatoes and cook

until soft, add this to the rice with the yolks of 2 eggs, ½-teaspoonful of salt, and 1½-ozs. of Parmesan or grated cheese. Mix well together and serve with tomato sauce. This makes a most tasty and nutritious dish.

[47]

Risotto à l'Italienne.

BOIL 6-ozs. of Patna rice with a clove or garlic. Fry 4 peeled tomatoes in 1-oz. of butter. Add this to the rice with the yolk of 1 egg, ½-teaspoonful of salt, and 1-oz. of Parmesan or grated cheese. Stir and serve with tomato sauce, or garnish with baked tomatoes. This dish is equally suitable for lunch, dinner, or supper; it is a "complete" type of food, and it is much appreciated. The flavor can easily be varied.

[48]

Cauliflower à l'Italienne.

BOIL a large cauliflower, after removing the leaves, until just tender, strain it, place it on a dish, pour over it some white sauce and some fine bread-crumbs. Brown it in the oven and serve with tomato sauce. Another dainty

way of serving cauliflower is by adding walnut gravy to the tomato sauce.

[49]

Asparagus Soufflé.

(Specially recommended.)

TAKE some asparagus (previously boiled) and chop it finely after removing the tough stalks. Add 2 or 3 well beaten eggs and a small quantity of milk, with pepper and salt. Beat it well and put in well buttered soufflé dishes and bake for 10 minutes. This makes a tasty course for a luncheon or dinner and also a simple supper dish.

[50]

The Simplest Omelet of all.

(Specially recommended.)

TAKE 2 eggs, ¼-pt. of milk, a teaspoonful chopped parsley, and a taste of grated onion juice, pepper and salt. Whisk all in a basin so as to mix thoroughly. Heat ½-oz. of butter in a frying-pan until very hot, then pour in the mixture and keep putting the knife round the outside to prevent the omelet adhering and to make the uncooked centre flow

toward the rim. When nicely set, fold and serve on a hot dish, either with tomato sauce, or garnished with baked tomatoes. This simple omelet is equal to any produced by a French "chef," if it is carefully prepared.

[51]

Potato Croquettes.

BOIL 2-lbs. of potatoes, dry them well, mash thoroughly with ½-oz. butter and one beaten egg. Lay on a dish until cold. Shape into balls, dip in egg and bread-crumbs, and fry crisp.

[52]

Omelette aux Fines Herbes.

MELT 1-oz. of butter in a perfectly dry frying pan. Beat the yolks of 3 eggs with some finely chopped parsley and a pinch of garlic powder, pepper and salt. When the butter boils pour in the egg and stir until it commences to set. Then pour in the whites of the eggs (previously beaten to a stiff froth). When cooked fold the omelet and turn on to a very hot dish. Cover at once and serve immediately.

[53]

Curried Lentils.

STEW some German lentils (in vegetable stock is best), and when quite soft stir in a teaspoonful of good curry paste, a fried onion, a chopped apple, and some chutney. Mix it well. Serve with a border of boiled rice, fingers of pastry or fried bread and chipped potatoes.

[54]

Yorkshire Savory Pudding.

TAKE 3 eggs, 5 tablespoonfuls of flour, 1-pt. of milk, 1 large onion, pepper and salt to taste. Beat the whites of the eggs to a stiff froth, mix the yolks with the milk, flour and condiments, lightly mix in the whites and pour into one or two well-greased pudding pans which should have been made hot. Bake 20 minutes. The pudding should not be more than three-eighths of an inch in thickness and should be of a nice brown color.

[55]

Cauliflower (au gratin).

BOIL 1 or 2 cauliflowers (after removing leaves) until tender. Strain off the water

and place on a dish. Cover with grated cheese, some white sauce (recipe 115), and some fried bread-crumbs. Add some pats of butter and bake until a nice brown. This dish is very savory and is useful for supper or as a separate course for dinner.

[56]

Scrambled Tomatoes and Eggs.

PEEL 4 large tomatoes after dipping them in scalding water, slice and stew them in a little butter for a few minutes; beat 2 eggs, add them to the tomatoes, and scramble them until the egg is cooked, and serve on toast.

[57]

Bread Cutlets.

CUT some neat slices of brown bread half an inch thick. Remove crust and cut into large fingers. Soak them in milk, dip in savory batter and fry crisp. Serve with apple sauce and green peas or vegetable marrow. This dish is nice for dinner in hot weather.

[58]

Grilled Tomatoes.

HALVE some ripe tomatoes, place them in a frying pan with a teacupful of

water, put a small piece of butter on each piece. Cook them until tender. Serve on toast. Poached eggs are a nice addition to this dish.

[59]

Baked Stuffed Tomatoes.

CUT the tomatoes in halves and stuff them with bread-crumbs and a little parsley and butter; they should then be baked until tender.

[60]

Lentil Pudding.

STEW some Prussian lentils until soft; stir in some curry paste and add chutney to taste. Season with salt and butter, cover with mashed potatoes and bake.

[61]

Savory Rice Pudding.

PUT 1 teacupful of rice in a medium sized pie dish, and fill it with milk; chop finely or grate 4 onions, beat 1 egg, mix altogether, add a tablespoonful of chopped parsley and a little salt; bake in a slow oven. After 20 minutes, stir the pudding thoroughly, adding a small piece of butter, and a little more milk if necessary.

[62]

Macaroni and Tomato Pudding.

BOIL some macaroni and mix with it 3-ozs. of grated cheese, 4 peeled and sliced tomatoes, and half a teacupful of milk. Place in a pie-dish and cover with a thick layer of fine bread-crumbs and a few lumps of butter; season to taste. Bake until nicely browned. A grated onion is considered an improvement by some persons if it is added.

[63]

Creamed Macaroni.

BREAK ¼-lb. macaroni into one inch pieces, drop them into 2-qts. of *boiling* water (salted), boil till tender. Drain and place in a dish. At serving time put into the pan a tablespoonful of butter, when melted, a tablespoonful of flour, rub until well mixed, then add ½-pt. of milk, stir until it bubbles; a little cayenne to be added, then put in the macaroni and heat thoroughly, and just at the last, stir in ¼-lb. of grated cheese (not quite half ought to be Parmesan and the rest a good fresh cheese).

[64]

An Indian Dish.

COOK some rice in a jar until nicely swollen, put it in a saucepan, add one or two fried onions (and some young carrots chopped fine if desired), some vegetable stock, a dessertspoonful of chutney, and 1 or 2 teaspoonfuls of curry paste, until the rice has a rich curry flavor, to taste. Warm a bottle of small French green peas (use fresh ones in season) with sugar and mint, pour them in the centre of the dish, place the curried rice round them and garnish with small fingers of pastry. Serve with fried potatoes and cauliflower. This dish is easily made and very easy of digestion.

[65]

Tomato Pie.

PUT some tomatoes in a pie dish, spread over some chopped parsley, and pepper, salt and butter; cover with mashed potatoes, and bake.

[66]

Spinach and Eggs.

TAKE 3 or 4-lbs. of spinach, boil it in plenty of water with a pinch of soda and

a pinch of salt for ten minutes, press through a strainer, and then rub through a wire sieve; place it in a saucepan with a small piece of butter and a tablespoonful of milk, stir well while being warmed up, and serve on buttered toast or fried bread, garnish with fingers of pastry. Rub 2 hard boiled eggs through a sieve and spread on the top. Decorate with the whites of the eggs when sliced.

[67]

Spinach à la Crême.

PREPARE the spinach as described above, but instead of adding butter and milk, add two or three tablespoonfuls of cream. Stir well and serve with fingers of fried bread or pastry. Omit the garnishing of eggs.

[68]

Stuffed Vegetable Marrow.

MIX together ½-oz. of butter with 5-ozs. bread-crumbs, rubbing it well in. Add a fried onion, some parsley and thyme, some sage, and some lemon rind and bind with an egg. Scoop out the marrow, and place the stuffing in quite dry; then boil or steam.

Dress with brown gravy and fried bread-crumbs, and place for a few minutes in a hot oven.

[69]

Mushroom Pie.

TAKE 2 small teacupfuls of flour and 1 egg. Mix the flour with water (not milk), to the consistency of cream, add the egg, well beaten, and sufficient milk to make a thin batter. Season to taste with pepper and salt, and fry in butter in very thin pancakes until a light brown color. These should be made the day before they are to be used. Cut into squares about the size of a silver quarter and fill a pie-dish about three parts full, adding a few mushrooms minced and fried in butter. Fill up the dish with brown gravy (112), cover with ordinary paste, and bake.

[70]

Beetroot Fritters.

STEW some beetroot until tender, cut into slices, dip in egg and bread-crumbs, and fry. Serve with white sauce (recipe 115).

[71]

Scotch Stew.

SIMMER ¼-lb. of pearl barley in 1-qt. of stock (vegetable or bean stock) for ¾ hour, then bring to boiling point and add 2 large carrots (scraped), 1 Spanish onion thinly sliced, and large turnip, and, if liked, a few green peas, salt and pepper, and a little mint or parsley. Simmer for another ¾ hour, or until tender. Garnish with wheatmeal dumplings (recipe 72) boiled in the stew for 20 minutes before serving.

[72]

Wheatmeal Dumplings.

MIX in lightly 2-ozs. of nucoline (ground through a nut mill or finely shredded) with 2-ozs. of white flour, 2-ozs. of brown flour, 2 tablespoonfuls of bread-crumbs, ½ teaspoonful of salt, some pepper, and ½ teaspoonful of chopped parsley and a little thyme; add water gradually in different places and mix into a dry dough; cut into about 8 slices and roll lightly in hand into balls. Boil for 20 or 30 minutes.

[73]

Ragoût of Onions.

STEW some onions till tender, place in pie dish, make some melted butter, chop a hard boiled egg, add it to the butter, pour over onions, and bake.

[74]

Savory Potato Rissoles.

TAKE some stiff mashed potato. Make a stuffing with 2 tablespoonfuls of bread-crumbs, a chopped tomato, a little parsley or herb seasoning, and moisten with beaten egg. Shape 2 rounds of potato, make a little hollow in one, fill with stuffing and press the other over it, roll in egg and bread-crumbs and fry.

[75]

Italian Omelet.

TAKE a teacupful of Prussian lentils; boil them until quite soft. Mix them in batter with some finely chopped boiled onion and a little sage, and fry them crisp like pan-cakes. One tablespoonful to each omelet.

[76]

Haricot Pie.

WHITE haricots boiled till tender (after being soaked for 12 hours so that the skins come off easily); tapioca soaked in cold water over night; a few small forcemeat balls; gravy and seasoning. Fry a small onion in butter and chop small; brown a little flour in the butter left in the saucepan, and add to it some of the water strained off the haricots, season to taste. Mix this gravy into the tapioca and minced onion, fill up the pie dish with layers of the haricots, forcemeat balls, and tapioca well moistened with the gravy, and cover with a crust well brushed over with egg. When cold this cuts in firm slices.

[77]

Onions on Toast.

PUT 1-lb. of onions, previously cut up, into an iron saucepan with ½-oz. butter. Keep the lid on, but shake the saucepan frequently to prevent burning. When they are quite soft and brown, serve on buttered toast with mashed potatoes.

[78]

Corn Omelet.

BEAT the yolks of 2 eggs, and add some pepper and salt, and 2 teaspoonfuls of sweet corn. Beat the whites to a very stiff froth, add to the yolks and mix together. Put 1-oz. of butter in the omelet pan and, when very hot, pour in the omelet and stir round a few times until it begins to set; when brown at the bottom, place under a grill or in front of a clear fire to brown the top; sprinkle over some chopped parsley, fold over in half and serve quickly.

[79]

Boiled Chestnuts.

BOIL some chestnuts slowly for about an hour until quite soft, without being too mealy. Serve with celery salt. If the nuts are shelled and stewed in brown haricot gravy a more savory dish results. The simple method, however, makes the nuts very tasty, and labor is avoided.

[80]

Protose Fritters.

BAKE 1-lb. of Protose till it is brown. Take it out and press through the potato-

masher. Add to this rather more than the same quantity of potato and one large grated onion and a little nutmeg. Mix with one egg to bind and divide into fritters and fry them.

[81]

Savory Cheese Rissoles.

PUT ½-pt. of hot water and 2-ozs. of butter in a saucepan, and bring to the boil. Sift in slowly 5-ozs. of flour, and cook this mixture thoroughly until it will leave the pan clean. Take it off the fire and add some cayenne, finely chopped parsley, 4-ozs. bread-crumbs, 2-ozs. grated cheese and 2 eggs beaten in separately. When the mixture is quite cool, roll it into balls with flour and fry them. Decorate the dish with parsley, and serve hot with a garniture of mashed potatoes.

[82]

Savory Batter Pudding.

BOIL a cupful of Patna rice in 3 cupfuls of water. Boil 6 onions and mash them with chopped parsley; put, in a well-buttered pie dish, alternate layers of the rice and onion mixture, and pour over them a batter made

exactly as for Yorkshire pudding, and bake in a quick oven. Serve with vegetables in the ordinary way, with brown gravy or tomato sauce.

[83]

Potato Fingers.

SOFTEN some mashed potatoes with a little milk, add salt and pepper, a handful of bread-crumbs, and a small onion, grated, with one egg to bind; roll into fingers, dip into egg and bread-crumbs, and fry crisp in nucoline. These form a nice garnishing for any dish and are very good when eaten alone.

[84]

Protose Pie.

BOIL some onions until tender, cut a can of protose into squares or diamonds about an inch in diameter, and after lining a pie dish in the usual way with whole-meal paste, put in alternate layers of the sliced onion, carrot and protose, shaking a little pepper and salt on each layer; be sure to put a cup in the centre to hold the gravy. When the dish is quite full, pour over a large cupful of gravy made by boiling brown haricot beans for 2 or 3 hours

till rich brown gravy is procured, to which add a lump of butter; cover with paste and bake.

[85]

Spinach Soufflé.

(Specially recommended.)

COOK some spinach (see 66), pass it through a sieve, and add two or three well beaten eggs and a small amount of milk, with pepper and salt. Mix it thoroughly, put it in well buttered soufflé dishes and bake for 10 minutes. This makes a nutritious and tasty dish.

[86]

Cornish Turnover.

MAKE a light pastry; take equal quantities of boiled rice and fried bread-crumbs, a grated onion, and sufficient chopped parsley and thyme to make it savory, mix it into a paste with beaten eggs, roll out a small round of the paste, put a large tablespoonful of the mixture on one end, and turn the other end over in the usual way; brush over with white of egg and bake in a quick oven.

[87]

Forcemeat Croquettes.

MAKE a forcemeat by chopping up the remains of any savory dish from the previous day, adding bread-crumbs and beaten egg; roll into balls, and enclose in a coat of mashed potato, put a small piece of butter on the top of each ball, and bake brown. This is a good way of using up mashed potato that may be left.

[88]

White Haricot Stew.

STEW ½-lb. of white haricot beans very slowly, parboil 1 or 2 onions for each person, in water, to which a good pinch of carbonate of soda has been added, and which removes the objectionable gases from the onion; add the onions to the beans about an hour before taking up, let both stew very slowly, add a large lump of butter, pepper and salt to taste, and if liked, a tablespoonful of mushroom ketchup. Serve with sippets of toast or fried bread round the dish.

In the mushroom season, a few mushrooms added to the above make a delicious dish.

[89]

Baked Bananas.

A DISH of baked bananas makes a nourishing and tasty meal. For invalids, dyspeptics, and brainworkers this is a food easily assimilable and most sustaining.

The fruit should be baked slowly for at least half an hour, until the skins are black and commencing to shrivel up. The longer the baking, within reason, the more tasty and delicious will be the interior. It is better to overcook them than to serve them underdone, as they taste insipid if half cooked.

[90]

Turnips à la Crême.

COOK some young turnips in the usual manner and mash them with plenty of cream. Serve in small portions on slices of fried bread or toast, with a few capers spread over them. This makes a nice dish with which to commence a dinner if soup is not served.

XII

COLD LUNCHEON DISHES

For Hot Luncheon Dishes see previous section of Recipes.

[91]

Vegetable Galantine.

GRATE, or slice finely, 2 carrots, 1 small turnip, 1 medium sized onion, and stew in just sufficient stock until tender. Then add ½-pt. of cooked green peas, and 2-ozs. of fine bread-crumbs, some pepper and salt, a pinch of cayenne, and a little ketchup or gaffer sauce. Mix 3-ozs. of semolina, and when cooked add this and mix well, and press on to a dish in a shape, leaving a hole in the centre; leave to cool, then improve the shape, brush over with a glaze made from ½ teacupful of liquid aspic jelly. Garnish with cold aspic or the yolk of a hard-boiled egg rubbed through a sieve, and the white being chopped with some parsley. This is a good cold luncheon dish, and it is much appreciated if served with lettuce and salad dressing (recipe 107).

[92]

Aspic Jelly.

TAKE 2-pts. of cold water, ¼-oz. agar-agar (vegetable gelatine), 1 lemon, some pepper and salt, a pinch of cayenne, and 2 tablespoonfuls of Tarragon vinegar. Soak the agar 2 hours in 1-pt. of the water, then add the other ingredients, with some Worcestershire sauce to darken it; add the white of an egg and the shell, put over a slow fire till the agar is dissolved, then boil two or three minutes, and strain through a coarse flannel.

[93]

Tomato Galantine.

TAKE in same manner as vegetable galantine, but add 4 large tomatoes (sliced and cooked). This dish is specially recommended.

[94]

Picnic Brawn.

STEW ¼-lb. of Egyptian lentils in sufficient water to cover them; when cooked rub through a sieve. Sprinkle 2-ozs. of semolina into a ¼-pt. of boiling vegetable stock and stir for 10 minutes, and then add 4 sliced tomatoes

and a grated onion with salt and pepper. Add this to the lentils and boil for 1 minute, then put in 1 dessertspoonful of ketchup, and, when cool, press into glass moulds. Boil an egg for 15 minutes, then immerse it in cold water. Rub the yolk through a sieve on to the top of the mould when turned out, chop the white and arrange round the dish with minced parsley over it. Some herbs and a chopped egg can be introduced with good effect.

[95]

Tomato Mayonnaise.

PEEL and slice 6 good tomatoes, place them in a dish and cover them with Mayonnaise sauce; let them stand for a few hours. Serve, after sprinkling some finely chopped parsley over the top. This dish tastes nice with protose rolls, or Port du Salut cheese.

[96]

Potted Tomato Paste.

THREE tomatoes, 1 egg, 2-ozs. grated cheese, 4-ozs. bread-crumbs, ½-oz. butter, 1 small onion, minced fine, pepper and celery salt. Peel the tomatoes and cut them up

in a small saucepan with the butter and onion; when tender, mash smoothly and add the egg. Stir quickly until it becomes thick; add the cheese and bread-crumbs last, when off the fire. Turn into a pot and cover with butter.

[97]

Protose Rolls.

PREPARE pastry as usual for sausage rolls, either short or puffy. The filling mixture is made just as for the protose cutlets (32), with the addition of a few bread-crumbs. Roll the mixture between the fingers into the shape of a sausage, and proceed just as usual. Brush with egg and bake in a quick oven. Nuttose can be substituted for the sake of variety.

[98]

Potted White Haricots.

(A substitute for Potted Chicken.)

STEW a cupful of white haricots with 6 onions and water to cover them, until perfectly soft. Rub through a wire sieve or potato masher. Add 3-ozs. of mashed potato, 6-ozs. of brown bread-crumbs, 1-oz. of butter, 1 oz. grated cheese and an eggspoonful of mus-

tard. Mix well with pestle and mortar and fill small pots; cover with melted butter.

[99]

Potted Lentil Savory.

TAKE ¼-lb. of lentils (cooked), 3-ozs. mashed potato, 2-ozs. bread-crumbs, 1 egg (beaten), chopped parsley, a little onion juice, salt and pepper, and 1-oz. butter. Put all in a pan and mix well together, stirring all the time. When cooked, turn into a mortar, pound well and press into potted dishes and melt butter over the top. This makes excellent sandwiches with a little mustard spread on.

[100]

Lentil Rolls.

A SPLENDID substitute for sausage rolls, to be eaten cold or with salad, can be made with a filling of the lentil savory. If any of the potted meat becomes a little dry after the pots have been opened, it can be used in these rolls. They should be served hot unless the pastry is fairly crisp and fresh, and they are then very nice served with a little tomato sauce.

[101]

Nut Sandwiches.

FLAKE some Brazil or other nuts and spread a thin layer in some bread and butter sandwiches which have been dressed with honey or jam. Almonds can be used if preferred, and curry powder instead of preserve.

[102]

Egg Sandwiches.

SCRAMBLE 2 eggs with a pinch of mixed herbs, celery, salt and pepper. Place between thin slices of bread and butter.

[103]

Tomato Sandwiches.

MAKE sandwiches by spreading tomato paste (92) between slices of bread and butter. A dish of mustard and cress sandwiches should be served with them.

[104]

Potted Haricot Savory.

STEW some brown haricot beans for several hours (using the liquor for stock, for soup, or as a substitute for beef tea after add-

ing some butter and seasoning). Pass them through a sieve, mix with them some brown bread-crumbs, a finely chopped raw onion, parsley, a little thyme and ¼-oz. of butter; pepper and salt to taste. Heat altogether in a saucepan for 10 minutes; pour into jars, and cover with melted butter. This is also a useful dish for breakfast, supper, or when travelling.

[105]

Savory Protose Pudding.

MAKE a good stuffing of 1-lb. wholemeal bread-crumbs, sweet herbs, ¼-lb. butter, chopped parsley, peel of 1 lemon, chopped fine, and pepper and salt to taste. Bind with 2 or 3 eggs. Thickly line a well-greased pie dish with the stuffing, then press into the middle the contents of a large can of protose. Thickly cover over with stuffing. Put little pieces of butter or nucoline on top, cover with a tin and bake in slow oven an hour or an hour and a half. This makes a savory dish, when cold, with a good salad.

[106]

Potted Haricot Beans.

(A substitute for Potted Meat.)

PUT a good breakfastcupful of brown beans, with a few onions, into a brown stew-jar, and cover with a quart, or rather more, of water. Place in a slow oven and cook until the beans crack, and the liquid will then have become a rich brown color. After the liquid has been poured from the beans (to be used as stock or for haricot tea) rub them through a sieve or masher. To 6-ozs. of the pulp, add 3-ozs. mashed potato, 3-ozs. brown bread crumbs, and 1½-ozs. butter; salt, pepper, nutmeg and mace to taste, and a little fried onion if liked. Put all in a pan and stir till hot, add 1 beaten egg, and cook until the mixture leaves the sides of the pan, but do not let it get too stiff. Press into potting dishes as usual.

[107]

A Good Salad Dressing.

RUB an eggspoonful of mustard, salt, and sugar in a teaspoonful of olive oil and cream, until the mixture is quite smooth. Then rub the yolk of a hard boiled egg in the

paste, and keep it free from lumps. Pour in a dessertspoonful of vinegar, stirring slowly all the time. Add a teacupful of rich milk or some cream. Serve.

XIII

GRAVIES AND SAUCES

[108]

Brown Haricot Gravy.

A GREAT difficulty raised by flesh-eaters is, "What can you do for gravy?" Apart from the gravy that can easily be made from such preparations as "Odin," etc., most appetizing gravies can be made from vegetable stock, with the usual addition of thickening, salt, pepper, and a lump of butter. Brown haricot tea is the best stock, being both rich and nutritious. (See page 35.)

[109]

Walnut Gravy.

TAKE about 3 tablespoonfuls of shelled walnuts, measured after having put them through the nut mill, and place in a small pan in which you have previously made hot a tablespoonful of butter. Fry until the walnut is dark brown, *stirring well* all the time to pre-

vent burning. Pour on a pint of brown stock, or water if no stock is at hand, and let it simmer slowly until just before serving. Then add a tablespoonful of flour to thicken, add seasoning, and a few drops of onion or some tomato sauce. This makes a most rich and savory gravy—especially if a little nut butter is added.

[110]

Curry Gravy.

IN the cold weather, dishes which contain curry are seasonable and are generally appreciated. The following recipe for a curry gravy will prove useful to many readers, as it makes a capital addition to plain boiled rice or many other dishes.

Fry two onions, minced in some butter, until they are quite brown. Then sift in some flour and let it brown also. Add slowly some vegetable stock or water, two minced apples, a teaspoonful of curry paste, a teaspoonful of vinegar, and a dessertspoonful each of tomato sauce and chutney. Stir and serve.

[111]

Gravy Piquante.

STEW a dozen shallots in some butter until soft. Stir in some flour and let it brown; add the juice of a lemon, a teacupful of water, a clove, a teaspoonful of sugar, and a pinch of salt and pepper. Boil gently for a few minutes and stir in a little more flour; add ½-pt. of water, boil for 15 minutes and strain.

[112]

Plain Brown Gravy.

MELT some butter until brown, add flour (previously mixed well in a little water), and some vegetable stock, dilute if necessary and strain. A fried onion and tomato, and a teaspoonful of "nut butter" adds to the flavor and richness.

[113]

Sauce Piquante.

TAKE equal quantities of vegetable stock and Tomate à la Vatel (Dandicolle and Gaudin), fry a chopped onion brown, add the above, thicken with cornflour, boil and strain.

[114]

Tarragon Sauce.

MELT 1-oz. of butter, stir in 1 dessertspoonful of flour until free from lumps, add a teacupful of milk and stir until it boils. Finally add 20 or 30 drops of Tarragon vinegar. This sauce is an excellent addition to cauliflower, as the flavor is unique.

[115]

White Sauce.

MAKE in the same manner as tarragon sauce, but omit the vinegar and add a teacupful of water.

[116]

Tomato Sauce.

FRY a sliced onion in butter until brown, add 6 sliced tomatoes, a clove of garlic and a dessertspoonful more butter. Heat until quite soft, add a tumbler of clear vegetable stock or water, thicken with cornflour, strain and serve.

[117]

Sauce Hollandaise.

TAKE 3-ozs. of butter, the juice of a lemon, the yolks of 3 eggs, and a teaspoonful of flour. Heat in a double saucepan while being stirred, until it begins to thicken. Serve with cauliflower, asparagus, artichokes, etc.

[118]

Mayonnaise Sauce.

MIX a teaspoonful of mustard with the yolk of an egg, add 4 tablespoonfuls of pure olive oil, a few drops at a time, beating it with a fork; add 2 tablespoonfuls of castor sugar, some pepper and salt, the juice of a large lemon and 2 teaspoonfuls of Tarragon vinegar. Whisk the white of the egg with a gill of cream, and beat all together.

[119]

Tomato Chutney.

ONE and a half pounds of tomatoes, 1¾-lb. apples, 1½-lb. sultanas, 1½-lb. brown sugar, 2-ozs. onions, 4-ozs. salt, ¾-oz. cayenne pepper, 3-pts. vinegar. The whole to be

boiled for 3 hours. Pour into stoppered bottles. This makes a most excellent chutney.

[120]

Cocoanut Sauce.

MELT 1-oz. of butter in a pan, stir in 1-oz. of flour smoothly, then add ½-pt. of cold water and ½-pt. of milk, half at a time; stir in 1 teaspoonful of desiccated cocoanut and 2 teaspoonfuls of sugar, and bring to the boil.

[121]

Parsley Sauce.

MAKE in same way as recipe 114, but substitute a large teaspoonful of finely chopped parsley for the vinegar.

[122]

Pineapple Sauce.

PLACE some pineapple juice in a pan, and add castor sugar to taste. Boil until thick and, if liked, add cornflour. Cook well and strain. Serve with pineapple fritters or semolina moulds.

[123]

Fruit Sauce.

TAKE a good teaspoonful of cornflour, mix with a little water, adding 4 tablespoonfuls of cherry or any fruit syrup, and boil until it thickens. Serve when cold. If this is required richer, more syrup should be used, but it should be first thickened by boiling it, to evaporate some of the water.

XIV

PUDDINGS AND DESSERTS

[124]

Christmas Pudding.

MIX 1-lb. bread-crumbs, 1-lb. flour, 1-lb. sultanas or currants, 2-lbs. raisins, ¼-lb. mixed peel, ½-lb. sugar, ½-lb. albene (or nucoline) flaked in the nut mill, ½-lb. chopped pine kernels. Add nutmeg to taste, and five or six eggs. Boil for 12 hours, and serve with sauce as usual. This pudding wins approbation from all who try it.

[125]

A Simple Plum Pudding.

MIX ½-lb. flour, 1-lb. raisins, 6-ozs. albene (flaked) and 1-oz. mixed peel. Add 1 teaspoonful of mixed spice, 2 eggs, and a little milk if required. Boil for at least 6 hours, serve with sweet sauce.

[126]

Raspberry Pudding.

STEW 1-lb. of raspberries (or more) with some sugar. Line a basin with some slices of bread (without crust). Pour in half the fruit, cover with a layer of bread, then add the remainder of the raspberries and another layer of bread. Press down with a saucer and place a weight on it. Turn out and serve when cold with cream or Plasmon snow-cream.

[127]

Apple Custard.

PLACE some biscuit crumbs in a buttered pie dish. Nearly fill it with stewed apples. Beat an egg with ¼-pt. of milk and pour over the apples. Place some small ratafia biscuits on the top and some grated nutmeg. Bake in a moderate oven.

[128]

Custard Pudding.

TAKE 1-pt. of milk and 2 eggs. Butter a pie dish, beat the eggs with the milk, sugar to taste, add a little vanilla and nutmeg with a small piece of butter; bake for half-an-

hour in a moderate oven. Sultanas should be added, if desired.

[129]

Gâteau aux Fruits.

TAKE half a tinned pineapple, 3 bananas, ¼-lb. grapes, four Tangerine oranges, and the juice of a lemon. Cut up the fruit into dice, sprinkle with sugar and pour over them half the pineapple syrup, the lemon juice, and a tablespoonful of maraschino, and leave for an hour to soak. Split five stale sponge cakes open, cut each half into three fingers and spread each rather thickly with apricot jam. Place four of these strips on a glass dish so as to form a square, and put four more across the corners so as to form a diamond in it, and so on, square and diamond alternately. Fill the middle of the tower thus formed with the macedoine of fruits, piling them high above the top, and pour the rest of the pineapple syrup over the cake. Whip half a pint of cream, or Plasmon snow-cream, stiffly, and put it on in rough spoonfuls all over the tower.

[130]

Poached Apricots.

UPON some slices of sponge cake, place half an apricot (round side uppermost). Whip some white of egg to a snow frost with castor sugar. Place this round the apricot so as to make it resemble a poached egg. Whipped cream is preferable to many persons if obtainable. The sponge should be slightly moistened with the apricot juice.

[131]

Cocoanut Pudding.

TAKE 2 eggs and their weight of flour, butter and sugar and 2-ozs. of desiccated cocoanut. Cream the butter and sugar, add half of the beaten eggs first, then half of the flour, mix well and then add the other half of each and beat for 5 minutes, then add the cocoanut. Place in a buttered basin with a piece of buttered paper over it and steam one hour or bake in small tins. Serve with cocoanut sauce (recipe 120).

[132]

Plasmon Snow-cream.

PUT 3 heaped teaspoonfuls (1¾-ozs.) of Plasmon into a bowl. From ½-pt. of tepid water take 4 tablespoonfuls and mix it with the powder, rubbing it into a paste. Slowly add the remainder of the water; stir thoroughly, then place in a saucepan and bring to a boil stirring all the time. Stand aside to get quite cold. When required for use, whisk it into a thick snow-cream. This makes a splendid addition to stewed fruit (peaches, etc.), cocoa, coffee, or puddings. It is most nutritious also. The proportions must be correct to get the cream firm as well as light. If it is frothy there is too much water; if sticky and heavy there is not sufficient water.

[133]

Empress Pudding.

TAKE 1-pt. of bread-crumbs, 1-qt. of new milk, the yolks of 4 eggs (well beaten), the grated rind of a lemon, and 3-ozs. of butter; mix and bake about half an hour. When cold, spread some raspberry or plum jam over the pudding; then whip the whites of the eggs

with a teacup of sifted sugar and the juice of a lemon, and lay this over the jam. Make slightly brown in the oven.

[134]

Sultana Pudding.

TO an ordinary rice pudding add 4-ozs. of sultanas. Bake in a slow oven for several hours, with plenty of milk. When cooked it should be brown in color and quite moist. It is easily digested and makes a good supper dish.

[135]

Plain Boiled Pudding.

TAKE 2-ozs. of nucoline or vegetable suet passed through a nut mill, 4-ozs. each of white and brown flour, and 4 tablespoonfuls of bread-crumbs. Add water gradually, mixing into a dry dough, and boil in a cloth for 1½ hours.

[136]

Apple Fritters.

PEEL and quarter, or finely mince, some good cooking apples, dip in batter made as follows:—1 tablespoonful of flour, 1 egg well beaten, enough milk to make it the con-

sistency of cream. Fry crisp in boiling nucoline, and serve.

[137]

Baked Cocoanut Custard.

BEAT 3 eggs and mix with 1½-pt. of milk, add 2 tablespoonfuls of desiccated cocoanut, and a tablespoonful of sugar. Bake in a slow oven, and add some grated nutmeg.

[138]

Orange Jelly.

WIPE and thinly peel 5 oranges and 2 lemons, take 1-pt. of cold water, ½-lb. white sugar, and 1½-ozs. cornflour. Place the peel and water in a pan and simmer for 20 minutes with the sugar; strain the resulting juice. Place the cornflour in a basin and squeeze the juice of the fruit through a strainer on to it, then pour the boiling syrup over this mixture; stir well, return to saucepan, and boil for 6 minutes. Pour into cold wet mould. Garnish with orange.

[139]

Ginger Pudding.

TAKE 6-ozs. of brown bread crumbs (finely grated), 3-ozs. of butter, a saltspoon-

ful of ground ginger, the juice of a lemon, and 4-ozs. of castor sugar. Stir these in a stewpan until the butter is melted. Chop 4-ozs. of preserved ginger and add to the mixture with the yolks of 2 eggs. Beat well together and set aside to cool. Whisk the whites of the eggs and stir into the pudding quickly. Fill a buttered basin with it, cover with a saucer (leaving room to swell) and steam for 3 hours.

[140]

Semolina Pudding.

BOIL a teacupful of semolina for 15 minutes in 2½-pts. of milk, stirring all the time. Flavor with vanilla. Turn out into a buttered pie dish, garnish with ratafia biscuits and bake in a moderate oven.

[141]

Strawberry Cream Ice.

BAKE 1½-lb. of ripe strawberries, 6-ozs. of castor sugar, ½-lb. of cream and a teacupful of milk. Put the strawberries through a sieve or strainer, mix the whole well together, and freeze.

Raspberry ice can be made in a simpler form

by reducing the cream by one half and by adding another teacupful of milk in which a dessertspoonful of cornflour has been boiled.

[142]

Vanilla Ice.

TAKE 1-pt. of milk, 1 gill of cream, the yolks of 3 eggs and 3-ozs. of castor sugar. After heating the milk, mix a dessertspoonful of ground rice with a little cold milk and put it in the saucepan. Pour in the beaten yolks and cream, and the sugar; stir and simmer until the custard thickens, strain and set aside to cool; add vanilla to taste, and stir well; place in a freezing machine, and work steadily until it is frozen. To make this ice taste richer and more delicate, reduce the milk and increase the cream.

[143]

Lemon Cheese-cakes.

PUT in a saucepan, ¼-lb. butter, 1-lb. lump sugar, 6 eggs (leaving out 2 whites) 2 grated lemon rinds, and the juice of 3 lemons. Simmer until all is dissolved (gently stirring), and add a few dry biscuit crumbs. Serve on crisp pastry.

[144]

Lemon Jelly.

DISSOLVE 1-oz. of isinglass in 1¼-pts. of water. Add the grated peel of 2 lemons and ½-lb. of lump sugar. Boil for 10 minutes, stirring continually. Take off fire and add the juice of 1½ lemons. Strain and cool. Whisk well before turning into moulds.

[145]

Pineapple Fritters.

MIX ½-lb. of flour with ½-teaspoonful of salt and a well-beaten egg, and then mix in ¾-pt. of milk, using half at a time, and beat the batter until it bubbles. Cut a preserved pineapple into thin slices and halve or quarter them, lay them in the batter, but on no account add any juice. Have a pan of boiling nucoline ready and lay the pineapple in and fry a nice light brown (the nucoline must cover it), drain off on soft paper and sprinkle castor sugar over it. Serve with pineapple sauce.

XV

SUMMER AND WINTER DRINKS

THE following recipes and suggestions, concerning a few beverages which can be used as substitutes for stimulating drinks, may prove useful to many readers:

[146]

Fruit Drinks.

BOTTLED fruit juices and unfermented fruit wines can easily be made or purchased. A tablespoonful or two of the former added to a tumbler of water, makes a refreshing beverage.

[147]

Wheatenade.

SIMMER ¼-lb. of crushed wheat in 1-qt. of water for about an hour, stirring it occasionally. Strain, add lemon juice and sugar to taste, for use in summer, or milk and sugar if the drink is taken hot in winter. Good clean bran can be substituted for crushed wheat.

This is a capital drink for children with a tendency to rickets, or for persons suffering from nervous prostration caused by malnutrition.

[148]

Oatenade.

SIMMER ¼-lb. of coarse oatmeal, flavor to taste in the same manner as described in the previous recipe. This drink will be slightly richer in fat than the previous one, and it makes a good winter drink.

[149]

Gingerade.

TAKE 1-dr. essence cayenne, 4-drs. essence of ginger, 2-drs. essence of lemon, 1-dr. burnt sugar, ¾-oz. of tartaric acid. Add 3-lbs. lump sugar and 5-qts. boiling water. Bottle ready for use. This beverage is a favorite one at all seasons. Dilute to taste.

[150]

Lime Fruit Drink.

LIME juice, if pure, makes a cooling and wholesome drink. Some of the liquid sold as lime juice is only a chemical concoction.

The weaker the solution the better it tastes. A dessertspoonful to the tumbler is generally enough.

[151]

A Substitute for Coffee.

THOSE who are desirous of finding a substitute for tea and coffee should try "Caramel Cereal" (The International Health Association, Ltd.). It tastes very much like coffee, but it is free from certain elements which are harmful to many constitutions.

[152]

Apple Tea.

CUT up two large apples and boil them in a pint of water until cooked. Pass through a strainer and sugar to taste.

[153]

Rice Water.

BOIL some rice in water and add lemon juice and sugar to taste. The beverage should not be made too thick.

[154]

Barley Water.

STEW sufficient pearl barley in water to make a fairly rich beverage. Add lemon and sugar to taste and serve when cold, or flavor with milk and sugar and serve hot. This drink is both cooling and nutritious, and if not made too thick is equally suitable for the harvest field or the tennis lawn.

XVI

WHAT TO DO AT CHRISTMAS.

THE Christmas festival—which has degenerated into such a deplorable orgy of massacre in many countries which are called "Christian"—can be observed and enjoyed equally well without such frightful preliminary ceremonies as the butchery of millions of sentient creatures.

Why should we sing and talk of "Peace on Earth" when we are participating in remorseless warfare against the animal creation? The arms of our licensed slaughterers grow weary with wielding the poleaxe and the knife upon trembling and terror-stricken victims, whose claim for compassion is totally ignored by those who are clamorous in demanding mercy for themselves from the "Higher Powers" above them!

Is not this a literal case of crying "Peace! Peace!" when there is no peace! Is not this wholesale slaughter altogether discordant with

the spirit and gospel of the gentle and harmless Teacher of Nazareth, whose terrestrial birth is thus celebrated by pagan barbarity? Should not those of us who dare to call ourselves His followers protest against a custom which brings discredit upon His religion and causes humanely disposed Oriental nations to regard it almost with contempt, by refraining from participation in this practice of shedding innocent blood in order to provide a needless type of food for the Christmas banquet?

The following suggestive menu will at once show my readers that Christmas can be celebrated with a feast of good things without such butchery, and that its joys can even be enhanced by the sense of freedom from blood-guiltiness and from personal responsibility concerning the deeds done in the shambles. The menu can be varied as taste and circumstances may dictate, and I feel sure that if this suggestion is once followed in Christian homes the old custom will never be revived in them.

A Bloodless Menu for Christmas.

From which a selection can be made.

Tomato Soup. Artichoke Soup.
Fried Bread Dice.

Mock White Fish.
Parsley Sauce.

Jugged Nuttose. Macaroni Rissoles.
Red Currant Jelly. *Sauce Piquante.*

Potatoes, Sauté. Cauliflowers.

Plum Pudding. Stewed Pears. Mince Pies.
Whipped Cream.

Butter. Toast Biscuits. Cheese.
Rolled and Garnished. *Lettuce Salad.* *Port du Salut.*

Fresh Fruits. Almonds and Muscatels. Figs. Chocolates.

The cost of such a dinner as this will be much less than that of a corresponding one which includes poultry, game, and joints of flesh. The amount saved could be appropriately expended in providing a few comforts for the poor and needy, and thus the Christmas festival can be made the means of lessening the amount of suffering in the world and of increasing the sum-total of happiness.

XVII

USEFUL INFORMATION

A CLOVE of garlic will give a very delicate and tasty flavor to many soups and dishes if used wisely. For soups, it is only necessary to rub the tureen with the cut clove before the soup is poured in. For savory dishes and stews, one small clove may be boiled (after being peeled) in the stewpan for five minutes.

IN order to be able to remove the skins from tomatoes easily, they should first be placed in boiling water for about two minutes.

IT is generally safest to buy French plums in bottles, as the quality is superior to those packed in boxes. They cost a little more, but one can depend upon having an enjoyable dish when the trouble has been taken to prepare them. The common prunes are sometimes tough and objectionable, and it is better to stint the quantity rather than the quality.

THE best type of figs to buy are those known as "pulled" figs; they are well worth the extra price which they command. It is false economy to buy "cheap" figs.

THE more crumbly a cheese is, the more easily digestible it will be found to be. It is a good plan to test the cheese in the following manner:—First buy a small piece, and melt a portion with milk in a double saucepan; if it has a granulated appearance it is wise to buy some more of the same cheese; if, on the contrary, it is tough and stringy, it should be avoided, as it will be found lacking in nutriment and will be very liable to cause digestive trouble or nightmare. One of the best fancy cheeses made is a French one stamped "*Port du Salut*," which weighs about five pounds. This should be bought only when quite fresh. It then has a smooth rind, is free from holes inside, and smells perfectly sweet. A *Camembert* cheese made by Dutacq is also a luxury. In addition to the variety of imported cheeses to be had at "delicatessen" shops, American cheeses are now meeting with much favor.

IN households where an ice machine is not kept, ices can be made in the following simple manner:—The strawberry or vanilla ice can be placed in a receptacle made of thin glass, tin, or aluminum. This should be stood in a wooden pail, and round it should be packed layers of broken ice, between each of which has been placed a considerable sprinkling of broken rock-salt. If the ice receptacle is turned round, freezing will result in about ten minutes.

PARSLEY which has been used for garnishing, or which is in danger of going to seed, can be preserved a bright green for seasoning purposes by placing it in the oven on a sheet of paper and drying it slowly in such a manner that it does not burn; it should then be rubbed through a sieve and put into a bottle.

BUTTER can be made to look dainty and appetizing by being prepared for the table as follows:—Pour some boiling water over the butter pats, then place them in cold water till quite cold. Roll small pieces of butter in short lengths and twist round to form the

shape of a leaf, placing about twelve around the dish. Now beat a good-sized-piece until quite thin and roll round to form the petals of a flower. Place this in the centre and garnish with parsley. It may also be rolled into marbles.

PARSLEY can be made a brilliant green in color by placing it in a cloth (after chopping) and dipping it in cold water, wringing it tightly in the hands and squeezing it with the fingers. For garnishing savory puddings or fried potatoes, etc., this is worth knowing.

FRESHLY gathered watercress is a wholesome and appetizing addition to one's bread and butter in the early summer. Its action on the blood is beneficial.

A GOOD coloring for sauces, soups, etc., can be made as follows :—Melt a quarter of a pound of granulated sugar in a pan; cook until it is a very dark, rich brown, almost black; stir constantly. Great care must be taken that it does not burn. When done, add carefully a quart of boiling water and let it cook

until the caramel is entirely dissolved; pour it out, and when cold, strain and bottle. It will keep indefinitely, and a tablespoonful will give color to a pint of liquid.

INSTEAD of chopping onions, a coarse nutmeg grater should be kept for the purpose, and the onion should be grated like lemon rind. This saves much time and labor and answers better for flavoring soups, gravies, or savories of any kind.

FRESHLY cut vegetables are much more digestible and wholesome than those which have been lying about in crates or shop windows. They also cook much more quickly. The water in which vegetables have been boiled should be saved for stock for soups and gravies (except in the case of potatoes).

TO prevent hard-boiled eggs from becoming discolored they should be plunged into cold water as soon as they are removed from the saucepan.

[155]

Dinner Rolls.

DELICIOUS dinner rolls can be made as follows:—Take 1½-lbs. of white flour, ½-lb. of wholemeal, 3-ozs. of butter and 1-oz. of yeast. Mix the yeast with a dessertspoonful of treacle in ¾-pt. of milk and water, rub the butter into the flour, and put in the yeast to rise. Knead, form into small rolls, raise for half-an-hour, bake in a quick oven.

[156]

How to Make Brown Bread.

TAKE 2-lbs. of good wheatmeal and 5-lbs. of household flour, 2-ozs. of fresh yeast, 3¼-pts. of hot water, and 2-ozs. of nucoline. First mix the yeast with a little golden syrup and add it to the water, flake the nucoline and mix it with the flour, pour in the water, stir with a wooden spoon, and then knead for 5 minutes. Make it into small cakes, or put into tins and let it rise for about 30 minutes in a warm temperature, after which put into a hot oven (reducing to moderate). Brown bread must be light and well baked, or it will cause dyspepsia. The addition of buttermilk (instead of water) makes the bread taste delicious.

XVIII

HOW TO COOK VEGETABLES

THE water in which green vegetables, beans, etc., have been cooked should be used for making soups and gravies, as it contains much of the valuable saline matter which is needful to the maintenance of health. To conserve these salts in the vegetables, as much as possible, should be the aim of the scientific cook, but where this is impossible, every effort should be made to utilize the solution which has been formed by the boiling process.

Artichokes should be boiled until tender only. If over-boiled they become dark-colored and flavorless. They should be eaten on the day that they are cooked.

Asparagus should be cut into equal lengths and tied into bundles. These should be stood on end in a deep stewpan, leaving the tops about an inch above the water. When the stalks are tender the tops will be cooked also.

This plan prevents the tops from falling off through being over-cooked. (See recipe 49.)

Beetroot may be steamed or boiled, but care should be taken to avoid breaking the skin, as the juice escapes. It takes about 2 hours unless the roots are very large. When cooked it should be sliced and dressed with vinegar, oil and pepper to taste—or it may be fried (recipe 70).

Cabbage should be boiled until tender only; if over-cooked it is pulpy and flavorless. Boiling too fast causes the unpleasant odor to be given off which is sometimes noticeable in a house when this vegetable is being cooked. The lid of the saucepan should not be used.

Cauliflower must not be boiled until its crispness is lost. It must be just tender enough to eat. If not served "au gratin," it should be dressed with "white sauce" or "tomato sauce." (See recipes 48 and 55.)

Carrots should be steamed, not boiled. The skins should then be wiped off and they should be served with a brown gravy. They

are also nice if scraped, sliced and stewed in haricot tea (recipe 1). The smaller the carrots the more delicate will the flavor be.

Celery is best cooked by stewing it in sufficient water or milk to cover it, after cutting it into pieces about an inch in length. It should be served with white sauce.

Kidney Beans need to be carefully trimmed so that all stringy parts are cut away. They should be boiled until tender, and no longer, and served with thin white sauce. It is a mistake to use these beans when they are old. The smaller and greener they are, the better.

Vegetable Marrow should be steamed or boiled in its jacket. The flavor is lost if this is removed before cooking.

Mushrooms are most savory when fried very slowly in a small quantity of butter. They should be stirred during the process, and the heat employed must be very moderate indeed or they will be made tough.

Potatoes should be cooked in their jackets. To boil them properly, the water in the saucepan should be thrown away when they have been boiled for 5 minutes and cold water should be substituted. This plan equalizes the cooking of the interior and exterior of the potatoes. When cooked they should be drained dry, a clean cloth should be placed over the pan and they should stand on the hot plate to dry. They should be lifted out separately, and should be unbroken and floury. Sodden and heavy potatoes are very objectionable and ought to be regarded as evidence of incompetency on the part of the cook. Potatoes baked in their jackets are considered by many to be preferable, and, as it is almost impossible to spoil them if this plan is adopted, it should be employed when the cook is inexperienced.

If fried potatoes are required for breakfast, it is best to remove some from the stewpan when half cooked on the previous day. These should be cut up in a frying pan in which a fair amount of butter has been melted, and the knife should be used while they cook. In a few minutes the potatoes should be well packed together, so that the underside will brown; an

inverted plate should then be pressed on them and the pan should be turned upside down while the plate is held in position with one hand. A neat and savory-looking dish will thus be made, but over-cooking must be avoided previous to the browning process.

To make a change, potatoes should be mashed occasionally with a little milk and butter. They should then be packed into a neat shape and garnished with chopped parsley.

The most savory way of cooking these roots is to use the frying basket and dip them in boiling fat (at 380 degrees). They should either be cut into thin fingers previously, or else be half boiled and broken into pieces. This latter plan is perhaps best of all, and they are then termed "potatoes sauté." They are sprinkled with chopped parsley before being served.

Peas should be placed in a covered jar with a little butter, and should be steamed until tender. No water is required in the jar. The pods, if clean and fresh, should be slowly steamed, rubbed through a colander, and added to any soup or other suitable dish in prepara-

tion. Another method is to boil the peas with mint, salt, sugar and a pinch of soda added to the water. Small young peas should always be chosen in preference to those which are old and large.

Spinach should be cooked according to the directions given in recipes 66, 67, or 85.

XIX

LABOR-SAVING APPLIANCES

DOMESTIC work in the kitchen may be much simplified and lightened if proper utensils are employed, and those who are able to do so should obtain the following appliances, in addition to those which are generally used :—

The "Ida" Nut-Mill, which is used for making bread-crumbs from crusts or stale bread, for flaking nuts and almonds, etc., so as to make them more easy of digestion, and for flaking nucoline, to make it mix more conveniently with dough when employed for making pastry. This nut-mill may be obtained from most high-class hardware merchants in Great Britain and America.

The Frying-Basket is necessary for letting down rissoles, croquettes, cutlets, fritters, potato chips, etc., into the stewpan which is kept for frying purposes. The stewpan should

be four or five inches deep, so as to avoid the possibility of the nucoline or vegetable fat bubbling over and catching fire upon the stove. Aluminum is the best metal, but if this cannot be obtained, the pan should be made of enamelled iron, as it is fairly thin and lets the heat act on the fat quickly.

The Raisin Stoner enables one to stone a large quantity of fruit in a very short time. Most hardware stores keep them.

The Sausage Machine is useful for mixing and making up rissoles, vegetable sausages, etc. One of the latest types should be procured, as they have been much improved lately.

The Potato Masher is necessary for flaking potatoes, and preparing haricot beans, peas, etc., for admixture in rissoles or croquettes. By this means the skins can be easily removed after they have been cooked.

The Wire Sieve (about $\frac{3}{32}$nds inch mesh) is useful for preparing spinach, and in many others ways which will suggest themselves to every cook.

The Duplex Boilerette is for scalding milk by means of a steam jacket. It prevents burning and boiling over.

The Chopping-Basin is a wooden bowl with a circular chopper which fits it. This prevents the pieces from jumping off and lessens the time occupied. It is also less noisy and can be used while sitting down.

XX

MEDICINAL AND DIETETIC QUALITIES

IT is important that all who adopt a reformed diet should know something about the dietetic and medicinal value of the articles they consume, and the following information may prove helpful:—

Bananas contain a considerable amount of phosphorus, and are consequently specially suitable for mental workers. They are easily digestible and very nutritious, being almost a perfect food in themselves.

Apples purify the blood, feed the brain, and also eliminate urates and earthy salts from the system. As they contain a small amount of starch, and a good proportion of grape sugar combined with certain valuable acids, they constitute a most desirable and hygienic food for all seasons. They should be eaten in a ripe state. People who cannot digest apples in the

ordinary way should scrape them and thus eat them in pulp rather than in pieces.

French Plums are judicious food for persons of nervous temperament and for those whose habits are sedentary; they prevent constipation, and are nutritious. They should be eaten with cream or Plasmon snow-cream.

Strawberries contain phosphorus and iron, and are especially desirable for mental workers and anæmic invalids.

Tomatoes are good for everyone, but especially for those who suffer from sluggish liver. The popular fallacy that they are liable to cause cancer, which was circulated by thoughtless persons some few years since, has been pronounced, by the highest medical authorities, to be unsupported by any evidence whatever, and to be both improbable and absurd. In the Island of Mauritius this fruit is eaten at almost every meal, and Bishop Royston has stated that during his episcopate of eighteen years he only heard of one case of the disease.

Lettuce is soothing to the system and purifying to the blood. It should be well dressed

with pure olive oil and wine vinegar (3 spoonfuls of oil to 1 of vinegar, well mixed together). A lettuce salad eaten with bread and cheese makes a nutritious meal. The thin and tender-leaved variety should always be chosen.

Figs contain a deal of grape sugar which can be rapidly assimilated, and are very nourishing and easily digestible; when they can be obtained in their green state they are specially desirable. They may be considered one of the most valuable of all fruits.

Dates are very similar to figs, and are both sustaining and warming; they are easily digested if the skins are thin.

Gooseberries, Raspberries, Currants, and **Grapes** are cooling and purifying food for hot weather. Unripe gooseberries will however, often upset the liver, and this type of fruit should not be eaten unless ripe and sweet.

Walnuts, Hazel and Brazil Nuts contain a considerable amount of oil, and are consequently useful for warming the body and feeding and strengthening the nerves. Vegetable

fat in this form is more easily emulsified and assimilated than free animal fats, as in butter, etc. Nuts are also rich in proteid matter. Where people find that they cannot masticate nuts, owing to impairment of teeth, the difficulty may be removed by passing the nuts through an "Ida" nut-mill. When thus flaked and spread between thin slices of bread and butter, with honey, they make delicious sandwiches for lunch. A pinch of curry powder (instead of the honey) makes them taste savory.

Chestnuts contain a larger proportion of starch, but are digested without difficulty when boiled.

Cheese is very rich in protein—far more so than lean beef. If well chosen, it is a most valuable article of diet, and feeds brain, nerves, and muscles; but as it is a concentrated food it should not be taken in excessive quantity.

Protose and **Nuttose** are reckoned to be equivalent to lean beef—minus water, uric acid, and disease germs. As they contain nutritive substance in a condensed state, they should be eaten sparingly, but they constitute the most

valuable substitutes for animal food yet placed upon the market. The International Health Association, which first invented such products, has an able advisory medical staff, and therefore these may be regarded as two of the latest modern results of chemical research.

White Haricots are highly nitrogenous and should be eaten in strict moderation. They make splendid stock for soups and broths. The beans themselves are more suitable for physical workers. Brown haricots contain a considerable amount of iron.

Lentils are almost identical in composition, but are more easily digested by those who do not have much physical toil.

Peas are slightly less nitrogenous than lentils and haricots, but otherwise very similar; they are best when eaten in a green form, and when young and tender. When the skins are hard the peas should always be passed through a potato masher, as the skins are very indigestible, and may produce an acute attack of colic.

Macaroni has a high dietetic value as a flesh-forming food; it contains starch and a

large amount of the gluten of wheat. Being a rich food, it should be taken sparingly. Tomato sauce is the best accompaniment to it (with Parmesan or grated and melted cheese).

Rice consists almost entirely of starch in an easily digestible form, and is a valuable and simple food. It is best when cooked with cheese or eggs, as this addition makes it a more complete food (see recipes 46 and 47). It is also a valuable medium by which large quantities of fat may be taken—plainly boiled rice and butter or oil.

Potatoes consist principally of starch and water, with a certain amount of potash. They should be eaten generally, as a separate dish, with butter and salt. Some tomato or other chutney makes a tasty dressing.

Brown Bread contains, in addition to its starch, much more albumen than white bread, and a larger supply of mineral salts, such as phosphates, etc. It is, therefore, when light and well cooked, of much higher dietetic value for young persons, both for flesh-forming and bone-building purposes. Physical workers

should use it as a staple article of food, and mental workers will also find it useful, but elderly persons do not require it to the same extent except for laxative effects. The coarser the brown flour, the more laxative is the influence of the bread. This is a point worth noting.

Eggs are nutritive chiefly on account of the albumen which they contain, but, on the whole, their value is not great, and they are often liable to cause digestive troubles. As they contain uric acid they must not be taken too freely. Probably the best way to take them is in the form of custard pudding. Bilious persons should avoid boiled or poached eggs.

Milk is a valuable food, containing nearly all the elements necessary for repairing bodily waste. It should always be scalded for half-an-hour in a double saucepan—to destroy tubercular and other germs. Portable and concentrated forms of milk are now procurable in the forms of "Plasmon" and "Protene," chiefly in England, while high-grade condensed milks are largely used in America.

Celery is a useful blood purifier, and is valuable in all cases of tendency to rheumatism.

Spinach contains a considerable quantity of iron in a readily assimilable form, and is, therefore, good for anæmic persons.

Tapioca, Sago and **Semolina** consist of starch and albumen, and are useful farinaceous substances which enable us to obtain variety in our diet.

XXI

THE CHEMICAL COMPOSITION OF FOOD

OUR food must contain certain elements, and in the proper quantities, if the body is to be well sustained and nourished; these are mainly as follows: 1. Nitrogenous or proteid matter—such as albumen, fibrin or gluten (animal or vegetable). This type of food forms flesh, builds muscle, and produces strength. 2. Carbo-hydrate or starch matter (or its equivalent, sugar). This supplies heat and energy. 3. Fatty matter (hydro-carbon). This sustains and nourishes the nervous system and also provides heat. 4. Salts and minerals (such as phosphates, iron, etc.). 5. Water.

No hard-and-fast table or rule can be laid down concerning the proper proportions in which these elements should be combined, because the amount needful for individuals varies according to their size, the sort of work they do,

the amount of physical or mental energy they put forth, and the temperature of the atmosphere surrounding them. A calculation based upon Professor Huxley's tables shows that a person of average size who does a moderate amount of physical labor requires about 4-ozs. of protein, 8-ozs. starch or sugar, 2-ozs. fat, ½-oz. of salts, and 4-lbs. of water per diem.

The following indications of dietetic error may prove useful. Excess of proteid matter causes a general sense of plethora and unbearableness, nervous prostration or drowsiness after meals, a tendency to constipation (often resulting in piles, etc.), headache, periodic excitability, sensuality, irritability and bad temper; a continuous deficiency of it would tend to produce general weakness and leanness. Excess of starch matter produces dyspepsia, flatulence, pain in the chest and abdomen, acidity (resulting in pimples and boils), enlarged glands, and an inflammatory state of the system; deficiency of it (or its equivalent, grape sugar) would produce lack of force, and nervous and physical exhaustion. Excess of fatty matter causes biliousness; deficiency of it

causes nervous weakness, neuralgia, and mental exhaustion.

Brazil nuts, walnuts and sepucia nuts are rich in proteid and fatty matter, and contain such in absolute purity, with a small amount of starch. The chestnut contains more of this latter, and is chemically a most valuable food. Dried fruits contain a large amount of glucose or grape sugar, for the immediate supply of force and energy, and also certain fruit-acids which, in combination with the perfectly pure water which constitutes the juice, tend to dissolve out impurities and earthy deposits from the system. Legumes, such as peas, beans, lentils, etc., and cheese or plasmon, are richer in albuminous or proteid matter than lean meat.

The following table will enable most persons to understand, in the main, the composition of some of the principal foods, and each must ascertain individually, by experience, the requisite amount for him—or herself.

TABLE OF FOOD VALUES.

Compiled from such authorities as Church, Payer, Letheby, Blyth, Pavy, Holbrook, Oldfield, Kress, etc.

	PER CENTAGE OF					
	Water.	Protein.	Fat.	Starch Matter, or Sugar	Mineral Matter.	Total Nutriment.
Lean Beef	72.0	19.3	3.6	—	5.1	28.0
Fat Pork	39.0	9.8	48.9	—	2.3	61.0
Peanuts	6.5	28.3	46.2	1.8	3.3	79.6
Haricots (White)	9.9	25.5	2.8	55.7	3.2	87.2
Lentils	12.3	25.9	1.9	53.0	3.0	83.0
Peas (Dried)	8.3	23.8	2.1	58.7	2.1	86.7
Do. (Green)	81.8	3.4	.4	13.7	.7	18.2
Macaroni	10.8	11.7	1.6	72.9	3.0	89.2
Cheese (Cheddar)	36.0	28.4	31.1	—	4.5	64.0
Oatmeal	10.4	15.6	6.11	63.6	3.0	89.1
Wheatmeal (Entire)	11.7	11.4	2.2	71.7	3.0	88.3
Do. (Flour only)	12.11	11.2	1.2	73.6	.8	86.8
Chestnuts	7.3	14.6	2.4	69.0	3.3	89.3
Walnuts	44.5	15.8	57.4	13.0	2.0	88.2
Filberts	48.0	18.4	28.5	11.1	1.5	59.5
Brazil Nuts	6.0	16.4	67.7	6.6	3.3	94.0
Cocoanut	46.6	5.5	36.0	8.1	1.0	50.5
Pine Kernels	5.0	9.2	71.5	14.0	.3	95.0
Almonds	6.2	23.5	53.0	7.8	3.0	87.3
Raisins	14.0	2.5	4.7	74.7	4.1	86.0
Figs (Dried)	17.5	6.1	.9	65.9	2.3	75.2
French Plums (Dried)	26.4	2.4	.8	68.9	1.5	73.6
Dates	20.8	6.6	.2	65.3	1.6	73.7
Rice	12.4	7.8	.4	79.0	.4	87.6
Potatoes	75.0	2.2	.2	21.0	1.0	24.4
Eggs	74.0	14.0	10.5	—	1.5	26.0
Milk (Cow's)	89.1	4.1	3.9	5.2	.8	14.0
Cream (Devonshire)	28.6	4.0	65.0	—	.4	69.4
White of Egg	78.0	20.4	—	—	1.6	22.0
Yolk of Egg	52.0	16.0	30.7	—	1.3	48.0
White Fish (Sole)	86.1	11.9	.2	—	1.2	13.3
Mushrooms	90.3	4.3	.3	3.7	1.4	9.7
Bananas	74.1	1.2	.8	22.9	1.0	25.9
Apples	82.0	.5	.5	16.6	.4	18.0
Grapes	78.8	1.3	1.7	17.7	.5	21.2
Strawberries	90.9	1.0	.7	6.8	.6	9.1

In the above Table, the amount of Starch accredited to the various sweet fruits must be understood to be contained in a pre-digested form as grape sugar.

XXII

HYGIENIC INFORMATION

IT is important to remember that the more physical energy we put forth, the larger is the amount of nitrogenous and starch matter we require in our diet—and *vice versa.* Brain workers of sedentary habits require but a moderate amount of either, and quickly suffer from indigestion if food is taken in excessive quantity. For such, a diet of dried and fresh fruits, nuts (malted or in natural condition), milk, cheese, brown bread and butter, rice, macaroni and vegetables is found to be the most hygienic. Nitrogenous food is principally supplied by pulses—such as peas, haricots and lentils, or by animal products such as cheese and eggs. Starch food is obtained chiefly in the form of cereals, potatoes and rice, and to a moderate extent in various nuts.

VEGETABLE oils and fats produce heat and build up the nerves. We require a much larger amount of food containing fat in

cold weather and in cold climates than in warm weather and in warm climates. By producing fruits in profusion in the summer-time Nature provides for our obedience to our instinctive taste—which is to prefer such simple and cooling diet when the temperature is high. But in winter-time nuts should be eaten every day in some form—either raw or cooked.

OLD age is accompanied by the accumulation in the body of certain earthy salts which tend to produce ossification. The deposit of these in the walls of the arteries impedes the circulation, and produces senility and decrepitude. Flesh-food accelerates this process, but the juices of fruits, and distilled or soft water, dissolve out these deposits, and the older one becomes the more freely should one partake of fruit and water.

A distilling apparatus might be kept in every house. Several kinds are now upon the market. If a still cannot be obtained, filtered rain water is the best water to drink. The more juicy fruit we consume, however, the less drink of any kind we require, and the water contained in fruit is Nature's purest and best production.

Frequent bathing and the occasional use of the vapor bath also help to eliminate these earthy deposits, and those whose skins are never made to perspire by wholesome exercise in the open air must cause this healthful operation to take place by other means—or pay the penalty which Nature exacts.

CHILDREN who are building up bone and tissue require to be supplied with brown wheatmeal bread, or with wheatmeal biscuits, in order to obtain the phosphates, etc., which are found under the husk of the wheat. If they are fed upon white bread only, in combination with the usual artificial diet of modern civilization, they will be in danger of suffering from rickets or malnutrition. But when the adult stage is reached, cereals may be more sparingly used by those who have little physical exercise. When brown meal is mixed with the white it will help the digestive organs to assimilate the bread with less discomfort, and at the same time it supplies the phosphates which are essential for nourishing the brain.

OATMEAL is a starch food which supplies heat and energy to the system;

when eaten in the form of porridge it is often likely to cause digestive trouble unless the starch is partly transformed by being cooked for several hours. All starch foods when eaten in a "sloppy" state, and in excessive quantity, are apt to cause dyspepsia, for the tendency of the consumer is to avoid mastication; consequently the ptyalin in the saliva, which should transform some of the starch partially into sugar, fails to become properly mixed with it, with the result that the starch enters the stomach quite unchanged. Very little provision, if any, is made for its digestion there, and while waiting to be passed on to the intestine where the process of transformation into glucose can be completed, previous to assimilation, it is apt to become fermented and to cause indigestion and acidity. When the process is complete and much vital energy has been expended in this transformation, the result is that we have only manufactured a substance which we could have obtained ready made by Nature—for figs, raisins, dates, bananas and other sweet fruits consist chiefly of grape sugar. Dry biscuits or toast should be eaten with porridge to promote better mastication; it should be taken in very

moderate quantity, and it is more valuable in the winter than in the summer, on account of the fat which it contains.

A WORD of warning should perhaps be given concerning the excessive use of starch, and I feel justified in emphasizing the point because I am convinced that multitudes suffer from dyspepsia and ill-health simply through eating cereal food immoderately. This will often be found to be the rock upon which those who have made a thoughtless and unsuccessful trial of "vegetarianism" have made shipwreck. If dyspeptics test the truth of this statement for themselves they will be grateful for the information thus given. Let such reduce their consumption of the various starch foods, potatoes, etc., by about one half of the usual amount, and let them take the remainder in a well-cooked form. When the starch has been turned into "dextrin" by the baking process, as in the case of toast, or well-baked crisp biscuits, the first stage of digestion is accomplished and the remaining one is thus facilitated. The reduction of cereal consumption can be made up, if necessary, by eating more

sweet fruits, and the result of this experiment will convince those who try it that I am making known to them practical truth of a valuable sort. To all dyspeptics I recommend the habit of often making their breakfast of fruit and nuts, with brown toast or meal biscuits and butter. They will be surprised at the improvement in their state. A cup of milk in which a teaspoonful of "Plasmon" has been dissolved and boiled will make such a meal complete.

There was a time when man did not know how to make fire or to cook. He could not have used cereals to any great extent in those days, for the starch cells require to be broken up by heat, and as the anthropoid apes do not live upon grain, we are fairly safe in inferring that it is not a strictly natural food for us. Sweet fruits (such as bananas and figs) are generally preferable, for they are assimilated almost without effort and do not need preliminary transformation.

NUTS have the advantage of containing a large amount of oil, with a very moderate amount of starch; it is wise, therefore, to

accustom one's self to eating them regularly, and if they are taken with fruit alone instead of after a heavy meal, those who have hitherto considered them to be indigestible will probably be led to change their opinion. If "flaked" by being passed through a nut-mill they are more easily masticated. Nut products, such as nuttose and protose, will be found to be easily digestible by most persons. Such foods, however, must be eaten in moderation, as they contain much proteid matter. They are very useful and are destined to become very popular in course of time.

MENTAL workers and those living at high pressure cannot digest the same food as persons who enjoy the opportunity for much outdoor exercise or labor. To attempt it means dyspepsia, and, therefore, the amount of food consumed must be lessened, and partially digested foods, such as those above mentioned, prove both useful and advantageous.

IT is a mistake to mix various fresh fruits and vegetables by eating them together.

Fermentation is sometimes thus caused, as vegetables take a considerable time to digest. Vegetables should be eaten with savory dishes and simple puddings. Acid fruit should be reserved for other meals, as a general rule.

ONE of the best cures for indigestion and biliousness, which is superior to all the pills and potions that were ever advertised, is "fasting"—simply that and nothing more. In ninety-nine cases out of a hundred, headache, dyspepsia, and torpid liver are caused by erroneous or excessive diet. To abstain from eating and drinking entirely, until one is hungry enough keenly to enjoy a crust of dry bread, is a medical prescription which is priceless. Let every dyspeptic try this remedy, and, having proved its worth, let him tell some other sufferer of it. Constipation can nearly always be cured by adding stewed figs, French plums, salads, and the like, to one's menu, by eating brown instead of white bread, and by taking less nitrogenous food.

The mind can exercise powerful hygienic influence over the body, and mental force should be exerted to banish all fear, worry and care.

THE majority of persons live on about half of what they eat, and unduly tax their vital energy by compelling the system to get rid of the other half. The energy thus wasted might be used for mental or physical work. The most potent cause of dyspepsia is the foolish habit of sitting down to eat because it happens to be meal-time, and then succumbing to the temptation to partake of dainty dishes when absence of hunger should be regarded as Nature's monitor, telling one that food is not required. Thousands of invalids are hurried into their graves by the persuasions of well-meaning but misguided friends, who continually urge them to be eating or drinking "in order to keep up their strength," whereas on account of the fact that they are expending little or no energy they require only the smallest quantity of nourishment. The craving for stimulants is not only caused by insufficient nutrition, but also by eating to excess. Exhausted nature, wearied by incessant efforts to overcome the continual process of "stoking" to which so many misguided mortals subject themselves, exhibits signs of prostration; the whip and spur of stimulating

drinks is then felt to be needful, and is often applied, lest the digestive machinery should become entirely choked.

THE latest declarations of some of the principal English medical authorities on "cancer" are to the effect that there is good reason for believing that people become predisposed to this disease by excessive eating, and especially by the excessive consumption of animal food which is now so generally prevalent.

THE milk as well as the flesh of cattle is very frequently infected with the germs of tuberculosis and other maladies. Ninety per cent. of Queen Victoria's dairy herd at Windsor were found to be tuberculous. Many cattle in this country are doubtless in a similar state, and, as the disease is highly contagious, the risk of eating consumptive corpses must be apparent to all intelligent persons. Cooking does not destroy the bacilli in the centre of a joint, as the flesh does not reach boiling point there at all. All milk should be scalded for at least half an hour before it is consumed, either by children or adults; to neglect this precau-

tion is most unwise, and may prove suicidal. A double saucepan is necessary for the process, and, when the milk has become cold, the cream can be skimmed off.

IF the digestive process is unduly delayed by overloading the stomach or by drinking largely at meal-times so as to dilute the gastric juice, fermentation, flatulence and impaired health are likely to result. Raw sugar if taken very freely with starch foods is also apt to induce fermentation.

A VERY safe rule to observe, and one which would save thousands from physical discomfort and suffering, is this—only eat fruits which are palatable in their natural uncooked state. No one would pick a sour apple or gooseberry from the tree and eat it. It is unwise to stew it and then eat it. Wait until it has been ripened and cooked by the rays of the sun. This rule may safely be followed with all products of Nature. Before man invented the art of cooking, he could, in his natural state, only have eaten such fruits of the earth as were palatable and appetizing when in

their raw state. Ultimately, when the race has acquired wisdom through experience, a general return will probably be made to this simple plan.

THOSE who work their brains or their bodies to any considerable extent immediately after partaking of a solid meal, simply invite an attack of indigestion to develop itself. The vital force required for the digestive process is diverted from the stomach, with the result that the food is left to ferment or decompose. Malnutrition follows if the above-mentioned habit is persisted in for any length of time, and the deluded "business-man" who "cannot spare the time" for a short rest or stroll after the mid-day meal, at last awakens to the fact that he has damaged his constitution and has been "penny wise and pound foolish." The brain or body which has been severely taxed should also be given an interval of rest before any but the very lightest meal is taken. We should always remember that it is not *what we eat* that nourishes us, but *what we are able to assimilate.*

RECREATION is as necessary to health as food and water. An interest in life and occasional amusement are equally necessary. Thousands of women have died from monotonous and continuous domestic care; multitudes of men succumb to excessive mental strain and incessant business anxiety, and vast numbers of those who "neither toil nor spin" sink into the grave for the simple reason that they have no object in life. Chronic dyspeptics should reflect on these facts.

THE sun-bath, taken by exposing the naked body to sunshine, is a most hygienic and vitalizing exercise. The human skin needs exposure both to the air, to the action of light, and to the sun's rays. Those who are wise and who wish to live a century will see that their bodies are not robbed of this blessing. Aboriginal races which have successfully survived the introduction of all the other evils of civilization, have succumbed and been entirely wiped out when they added the practice of encasing their bodies continuously in stuffy clothing.

THOSE who drink tea should only infuse it by pouring boiling water on it in a previously warmed enamelled iron jug, and the water should not be allowed to remain on the leaves more than one minute, but should at once be poured off into the teapot through a strainer. Coffee should be made in the same way, but the pot or jug should be made to boil up for just a moment before pouring the liquor off into another receptacle. The water should be freshly boiled, and should be used as soon as it comes to a boiling point. Tea, however, should be used in the strictest moderation (if at all), as it is detrimental to the health of many persons. The tannin contained in it toughens all proteid food, and possibly injures the coats of the stomach and intestines as well. Leather is made by dressing skin with tannin. The theine, which is the stimulative substance in tea, is declared by Dr. Alex. Haig, F.R.C.P., to be identical with uric acid in its effect upon the human body. Thousands of dyspeptics and invalids are suffering from drinking tea several times a day.

If one feels that a cup of tea or coffee is really necessary, it is best to take it between meals

rather than with them. Plenty of water should be added, so as to make the beverage weak. Coffee should be pure, unadulterated and freshly ground. Most persons are, however, better without it altogether, as it unduly stimulates the heart, excites the brain and arouses the passions.

FRESH air is absolutely essential if health and longevity are to be attained. Sitting in close rooms, the air of which has been denuded of oxygen and laden with carbonic acid by human beings or gas lamps, simply causes poisoned blood, headache, and ill-health. Whenever possible one should sleep with the window open.

WITHOUT deep breathing the lungs cannot be inflated sufficiently, the blood cannot be oxidized properly, and the constitution is neither warmed nor vitalized adequately. Deep breathing should be practised daily, and a physical exerciser should be used to increase lung capacity.

THE last meal of the day should not be taken after seven o'clock at night. Dis-

turbed rest and the habit of dreaming are an almost certain indication of errors in diet having been committed, or of this rule having been infringed.

PHYSICAL maladies should not be attributed to the "mysterious dispensations of Providence," but in nearly all cases to our physical transgressions and mistakes or those of our parents. Probably the most valuable prescription ever given to a patient was that given by Dr. Abernethy to a wealthy dyspeptic, "Live on sixpence a day and earn it."

XXIII

PHYSICAL VITALITY:

ITS ACQUISITION AND ACCUMULATION

FEW persons take any thought or trouble concerning the accumulation of vitality, although it is one of the most priceless of all earthly possessions, and without it all other good things are apt to fade, like a mirage, into thin air.

The human body is a storage battery consisting of millions of cells in which the vital electricity that produces health, wards off and prevents disease, makes life enjoyable, and produces the personal magnetism which causes the human character to be powerful for good or for evil, is accumulated.

Every form of manifestation of physical vitality depends upon the life-force stored up in this human battery—and upon its voltage. The more fully charged the cells of the body

may be, the higher the voltage, and, consequently, the greater the vitality and power.

This voltage is always fluctuating. Physical or mental expenditure of force lessens it; recuperation, through rest, sleep, the in-breathing of oxygen and the assimilation of food-pabulum, increases it. And if the influx is greater than the output, accumulation results.

Comparatively few persons have ever realized that a pre-determined accumulation of vital force is an actual possibility and that it can be brought about by intelligent and methodical action.

All the "preventive medicines" in the world are as the small dust of the balance—potentially—when weighed against this Life-force which "healeth all our diseases and redeemeth our life from destruction." Its therapeutic phenomena are truly wonderful; the fractured human limb, the damaged bark of the tree, the broken shell of the humble mollusc, will each alike be mended and restored by the invisible Life-spirit which operates silently in each.

When the human system is invaded by malevolent bacteria and microbes, the white corpuscles within us overcome and expel them and

save us from disease. They act thus whenever the sum total of our vitality—or voltage—is such as to maintain them in fit and forceful condition. If they are not properly fed with those elements which are needful for their sustenance and welfare, they soon run down, and we become aware of the fact by realizing that we ourselves have run down. Our voltage is below the normal; we are below par. We then are liable to become the prey of those ceaseless microscopic enemies which are ever ready to pounce upon the unfit.

If our corpuscles are weaker than the invading foes no drugs can save us,—we are doomed. Hence the importance of keeping our nerve-centres well charged and our minute life-cells in vigorous condition.

To accumulate vitality our food must contain all the chemical elements which we need. Nitrates for muscle building, carbons for heat and energy production, fats and phosphates and other mineral salts for the sustenance of brain and nerve-force. None must be permanently omitted. If, for instance, we exclude organic phosphorus from the food of a man of mighty intellect, he will, in due time, be reduced to a

stage bordering on idiocy. We can obtain this phosphorus in such foods as cheese, milk, whole-meal (graham) bread, oat-meal, peas, beans, apples and bananas. But inorganic phosphorus in the form of drugs or pills is dangerous.

The other elements are also necessary, and our diet must contain the whole of the fourteen from which the body is constructed. This fact suggests the wisdom of making our diet as varied as possible. Nature will assimilate the necessary elements if opportunity is thus provided.

The human body, and its brain and nerves, are in the first instance constructed, and are then continuously reconstructed from the food which reaches us through the digestive apparatus and the lungs. Our thoughts are largely the outcome of our food-pabulum—*as a man eateth, so he thinketh.* The numerous cases of mental idiosyncrasy, incompetency, and aberration which we see around us, may, in very many instances, be traced to erroneous feeding.

To store vitality we must live by method, and take some trouble. Nature's greatest gift is not to be obtained haphazard and without

thought and effort. We must eat wisely, and breathe wisely, and live wisely; and the closer to Nature we get, the better it will be for us. The early morning sunshine produces healthful vibration; the atmosphere which has been vitalized by its rays contains the life-giving oxygen upon which our vitality so largely depends. To rise with the lark, and retire while the night is still young, is to walk in Wisdom's way.

The habit of deep-breathing, like the habit of living much in the open air, yields important results. We should remember that the atmosphere consists of oxygen and nitrogen—the very elements of which our bodies are chiefly constructed. Life and vigor *can be inhaled*, but few persons have learned the art.

The habit of cheerfulness tends to promote the assimilation of food which vitalizes—and thus it favors longevity.

Exercise—of an intelligent and healthful sort—is needful to make the life-current pulsate through our bones and tissues. Without it our organs do not get properly nourished and rebuilt—stiffness and atrophy set in. Every organ must be used if we are to secure complete development and health.

Food which is likely to contain disease germs and decomposing bioplasts (such as dead bodies) must be eschewed, and worry and care must be banished, as far as possible, from our lives.

Vitiated atmosphere must be avoided, as well as all unwise and excessive expenditure of nerve-force, for these things deplete the storage battery of human electricity and lessen its voltage.

The Coming Race will master the secret of accumulating life-force—for mankind is slowly rising upon the stepping-stones of painful experience to knowledge of Truth and "Life more abundant."

SYNOPSIS OF RECIPES

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